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50+ SPORTS & FITNESS CATALOG

December 2009 – December 2010

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Be Fit to Go!

Join the 50+ Sports & Fitness Program and
you will become Fit to Live your life to the fullest!



CITY OF ALBUQUERQUE

DEPARTMENT OF



BERNALILLO COUNTY

SENIOR AFFAIRS



Citizen Contact Center 311

Start your healthy new year with us.



Dear Friends:

December 2009

I am extremely honored to lead our wonderful city and look forward to becoming acquainted with the citizens of Albuquerque that as yet, I have not had the pleasure of meeting. I am impressed with the dedication of the city employees and private citizens who have already offered their talent and commitment to supporting our new administration. I feel confident that the path ahead is clear and well-defined by our vision and desire to move Albuquerque forward.

I moved to Albuquerque more than 25 years ago to attend the University of New Mexico. I received my degree in Finance and since that time I have established myself in the business community where I have continuously worked in construction and project management. I married my college sweetheart, Maria Medina, nineteen years ago, and we live in Four Hills with our son.

I am a strong believer in giving back to the community, and have found time to participate as a member of the Board of Directors of the Lobo Club Board and the UNM Popejoy Society. I have been a volunteer youth coach

for many years and enjoy Boy Scouts activities with my son, skiing, snowboarding, fishing, hunting, and many other outdoor sports. I resigned my position as State Representative for District 20 shortly after the election.

Again, I am honored to be your mayor and I welcome the opportunity to serve our great city. With your help and support, I know that we will confront and effectively overcome any challenges coming our way in order to make Albuquerque safe and economically sound for the future.

Thank you for your continued support.

Sincerely,

Richard J. Berry
Mayor
City of Albuquerque

City of Albuquerque
Richard J. Berry, Mayor



The 50+ Sports & Fitness Program is operated by the City of Albuquerque, Department of Senior Affairs, Recreation Division; with partial funding from the Area Agency on Aging. The 50+ Program headquarters is located at the Palo Duro Sports & Fitness Center at 3351 Monroe NE. The program designs and implements activities to keep adults, aged 50+, active and healthy.

Inquiries may be directed to Karen Baker, Program Manager, at (505) 880-2800 or kbaker@cabq.gov

Jorga Armijo-Brasher,
Director, Department of Senior Affairs

April B. Jojola, Recreation Division Manager

Berlinda Padilla, Health & Wellness Specialist

Susan Rice, Health & Wellness Specialist

Antoinette Sigala, Office Manager

Department of Senior Affairs Advisory Council

Victoria Godwin, Chairman

Kenneth J. Carson Sr.

Michele Lujan Grisham

Mary Jaramillo

Tina King

Mary Martinez

Frances Ray

Susan White

City Councilors

Dist. 1Ken Sanchez

Dist. 2Debbie O'Malley

Dist. 3Isaac Benton

Dist. 4Brad Winter

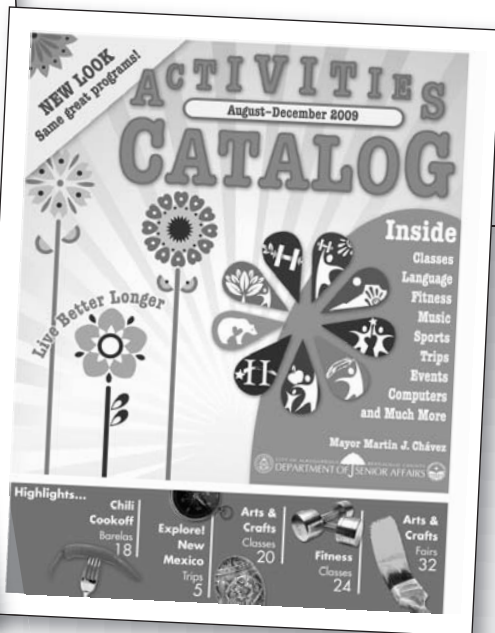
Dist. 5Dan Lewis

Dist. 6Ray Garduño

Dist. 7Mike Cook

Dist. 8Trudy Jones

Dist. 9Don Harris



**Pick up a
catalog today!**

**For information call: 764-6400
The Department of Senior Affairs or
the Citizen Contact Center 311**

Your Leisure-time Enrichment Partners.
Join a Center today for just \$13 a year.

Fitness Centers

Palo Duro 50+ Sports and Fitness Center

3351 Monroe NE
Albuquerque, NM 87110
Karen Baker, Manager
Susan Rice,
Health & Wellness Specialist
Antoinette Sigala, Programmer
Phone: 880-2800 • Fax: 883-9362
Monday–Friday, 7:00 am–7:00 pm
Saturday, 8:00 am–2:00 pm

Los Volcanes 50+ Sports & Fitness Center

6500 Los Volcanes NW
Albuquerque, NM 87121
Berlinda Padilla,
Health & Fitness Specialist
Phone: 839-3710 • Fax: 839-9466
Monday–Friday, 7:00 am–7:00 pm
Saturday, 8:00 am–2:00 pm

Manzano Mesa Fitness Room

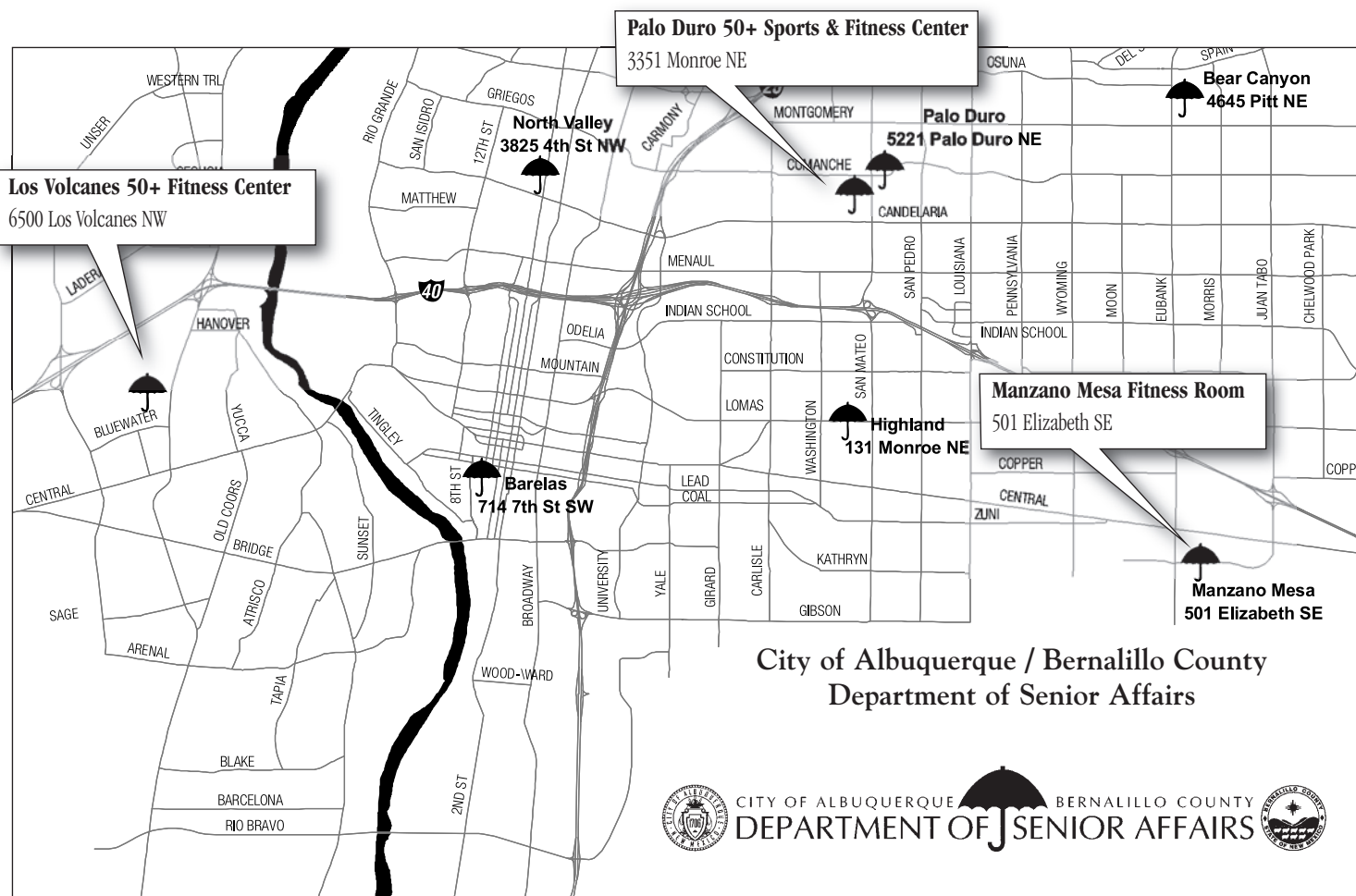
501 Elizabeth SE
Albuquerque, NM 87123
Kathy Weaver
Phone: 275-8731 • Fax 275-8734
Monday–Friday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

Live Better Longer

CENTER MEMBERSHIPS \$13 A YEAR

Fitness Programs • Classes • Travel
Sports Competitions • Computer Labs, and More!

For Information Call 764-6400
Department of Senior Affairs or the Citizen Contact Center 311



City of Albuquerque / Bernalillo County
Department of Senior Affairs



CITY OF ALBUQUERQUE BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS



Centers

Barelas

714 7th St. SW
Albuquerque, NM 87102
Miguel Sanchez, Manager
Marie Sinkar, Programmer
Phone: 764-6436 • Fax: 764-6472
Monday–Friday, 8:00 am–5:00 pm
Saturday, 9:00 am–3:00 pm

Bear Canyon

4645 Pitt NE, Albuquerque, NM 87111
Kathy Black, Manager
Juliet Paez-Kerlin, Programmer
Phone: 291-6211 • Fax: 291-6237
<http://home.comcast.net/bearcanyonseniorcenter/index.htm>
Monday–Friday, 8:00 am–5:00 pm
Thursday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

Highland

131 Monroe NE
Albuquerque, NM 87108
Toni Chumash, Manager
Patty Gutierrez, Programmer
Phone: 256-2000 • Fax: 256-2004
Monday–Friday, 8:00 am–5:00 pm
Wednesday, 8:00 am–9:00 pm
Saturday, 10:00 am–5:00 pm

Los Volcanes

6500 Los Volcanes NW
Albuquerque, NM 87121
James Mader, Manager
Maria Aguero, Programmer
Phone: 836-8745 • Fax: 836-8749
Monday–Friday, 8:00 am–5:00 pm
Thursday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

Manzano Mesa Multigenerational Center

501 Elizabeth SE
Albuquerque, NM 87123
Paul Bonnell, Manager
Ed Nuñez, Operations Manager
Lucille Cordova, Senior Programmer
Angelina Poulin, Youth Programmer
Phone: 275-8731 • Fax: 275-8734
Monday–Friday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

North Valley

3825 Fourth St. NW
Albuquerque NM 87107
Leanne Torres, Manager
Sandra Lucero, Programmer
Phone: 761-4025 • Fax: 761-4031
Monday–Friday, 8:00 am–5:00 pm
Tuesday, 8:00 am–9:00 pm
Sunday 12:45–4:30 pm

Palo Duro

5221 Palo Duro NE
Albuquerque, NM 87110
Susan Perea, Manager
Phone: 888-8102 • Fax: 888-8107
Monday–Friday, 8:00 am–5:00 pm
Wednesday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

The **50+** FANTASTIC!
FREEZE FEST!

Page 9

3 WINTER SPORTS COMPETITIONS
FOR THE OVER 50 “COOL” CROWD!

From Karen Baker, 50+ Sports and Fitness Manager



Dear Friends,

Have you ever wanted to learn how to throw a discus? Have you been looking for a friendly, non threatening Yoga class or a beginner group weight training class with people your own age? Or... as an athlete, do you want to improve your present level of fitness?

The goal of the 50+ Sports & Fitness Program is to provide opportunities to learn safe, effective and fun ways to exercise. This is why we offer a comprehensive menu of events that appeal to both the beginner and the seasoned athlete and classes in both sports and fitness.

I am always interested in hearing your ideas on how we can improve our programming. You may reach me at the Palo Duro 50+ Sports & Fitness Center at 3351 Monroe NE in person, or give me a call at (505) 880-2800.

Here's to healthy, active aging.

Karen Baker

Karen Baker
50+ Sports & Fitness Manager

The 50+ Sports & Fitness Program provides opportunities to learn safe, effective and fun ways to exercise.

Our goal is to promote a healthy lifestyle and help maintain independence in the later years of life.

50+ Sports and Fitness Program Mission

The goal of the 50+ Sports & Fitness Program is to offer a broad range of physical education and recreational activities designed to enhance the quality of life of older adults.

Closing Dates

Veteran's Day, **Wed, Nov 11, 2009**
Thanksgiving, **Thur, Nov 26–27, 2009**
Christmas, **Fri, Dec 25, 2009**
New Year's Day, **Fri, Jan 1, 2010**
Martin Luther King, Jr.'s Birthday
Mon, Jan 18, 2010
President's Day, **Mon, Feb 15, 2010**
Memorial Day, **Mon, May 31, 2010**
Independence Day, **Mon, July 5, 2010**
Labor Day, **Mon, Sept 6, 2010**

Cleaning Dates

Palo Duro 50+ Sports & Fitness Center
January 25–30, 2010
Los Volcanes 50+ Sports & Fitness Center
February 22–27, 2010
Manzano Mesa Multigenerational Center
February 1–6, 2010
Palo Duro 50+ Sports & Fitness Center
August 2–7, 2010
Los Volcanes 50+ Sports & Fitness Center
August 9–14, 2010
Manzano Mesa Multigenerational Center
July 26–July 31, 2010

Department of Senior Affairs

Our Vision

To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

Our Mission

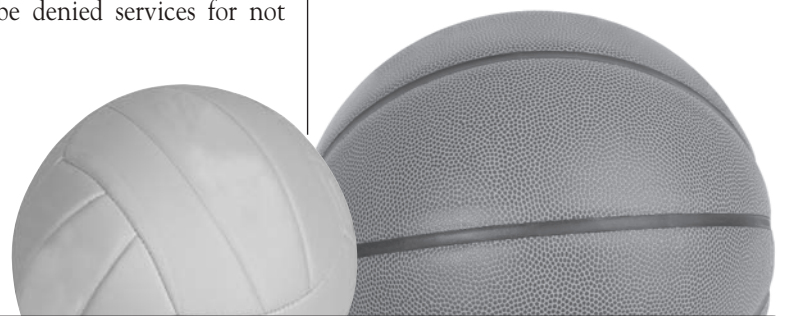
Provide opportunities that involve and assist seniors to achieve their potential, live in dignity and share their wisdom.

The City of Albuquerque, Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than twenty-five years. Through innovative programs and quality services, we have evolved into an exemplary model, dedicated to enriching the lives of seniors.

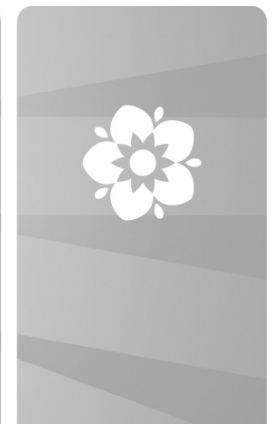
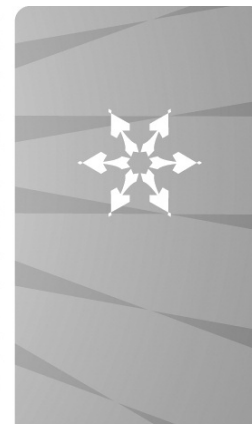
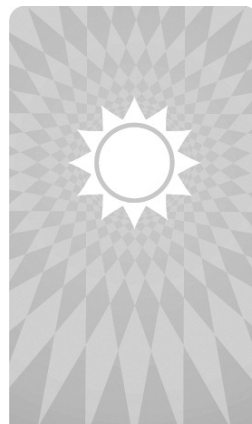
The services and opportunities listed in this catalog are especially designed for 50+ clients. Many of our programs have a minimum age requirement of 50 years to participate. Other programs, including

Home-Delivered Meals, Transportation, and Care Coordination, which are funded by the Older American's Act, have a minimum age of 60. The Albuquerque 50+ Games are open to those who are age 50, or older, by December 31. Some services may request a contribution; however, no one will be denied services for not contributing.

If at any time you would like additional information on how to access services, please call Senior Information at 764-6400 or the 50+ Sports & Fitness Program at (505) 880-2800.



Let us be your 50+ Sports & Fitness partner year-round
880-2800



50+ Sports & Fitness Program Volunteer Opportunities

Gain the satisfaction of helping others improve their health and fitness level! The 50+ Sports & Fitness Program offers a wide variety of volunteer opportunities. Senior Volunteers are encouraged to join the R.S.V.P. (Retired Senior Volunteer Program), which may offer insurance to and from work, meals and mileage reimbursements to qualified individuals.

Adapted Aquatics

Volunteers are needed to serve as additional and/or substitute instructors, help distribute equipment, and keep track of records and attendance. Volunteers are also needed to demonstrate exercises and answer questions.

Special Events and Front Desk

Volunteers are needed to help at the front desk and with special events at all our Fitness Centers.

Drivers

Volunteer drivers are needed to drive the participants to and from different program activities.

Albuquerque 50+ Games & The Compete & Meet Games

Our competitive games need volunteers to coordinate or assist in coordinating sporting events. This may include planning the event, setting up the facility, securing equipment, contacting athletes and soliciting donations. Help is also needed to coordinate workshops and trainings. Volunteers with a background or interest in marketing and publicity are also welcome to help with design, distribution and marketing of the *50+ Sports & Fitness Catalog*, posters and flyers.

Winter Sports

We need volunteers to help lead downhill, cross country and snowshoe trips. Volunteers drive the van, help with equipment, coordinate events, and solicit donations. Volunteers are also needed for winter competitions in hockey, snowshoeing, downhill and cross country skiing.

Walking & Hiking

We are also looking for volunteers to help lead walking and hiking trips. Volunteers may drive the van, and/or help the program coordinator with equipment and trip logistics.

Exercise Classes & Weight Training Orientations

We are always looking for volunteers who are interested in being trained to lead exercise classes and give weight training orientations (Volunteer Assistant Trainers). Volunteers may serve as substitute exercise instructors and help with attendance reports and special projects. Volunteer Assistant Trainers are trained by our certified personal trainers to assist clients in learning how to use the weight training equipment safely and effectively.

Assistant Trainers are needed at these sites:

1. **Palo Duro 50+ Sports & Fitness Center**
3351 Monroe NE, Alb., NM 87110 • 880-2800
2. **Manzano Mesa, Fitness Room**
501 Elizabeth SE, Alb., NM 87123 • 275-8731
3. **North Valley, Fitness Room**
3825 4th Street NW, Alb., NM 87107 • 761-4025
4. **Los Volcanes 50+ Sports & Fitness Center**
6500 Los Volcanes NW, Alb., NM 87121 • 839-3710

If you are interested in volunteering for any of these activities please call us at 880-2800.

Department of Senior Affairs Telephone Numbers

SENIOR CENTERS

Barelas, 764-6436
Bear Canyon, 291-6211
Los Volcanes, 836-8745
Highland, 256-2000
North Valley, 761-4025
Palo Duro, 888-8102

FITNESS & MULTIGENERATIONAL CENTERS

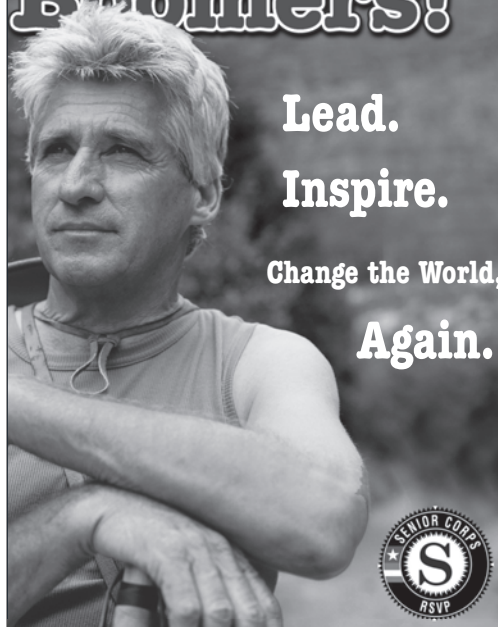
Manzano Mesa
Multigenerational Center,
275-8731
Los Volcanes 50+ Sports
& Fitness Center, 839-3710
Palo Duro 50+ Sports
& Fitness Center, 880-2800

USEFUL RESOURCES

Senior Information Line, 764-6400
Citizen Contact Center, 311
Care Coordination, 764-6400
DSA Administration, 764-6469
DSA Advisory Council, 764-6469
Home-Delivered Meals, 764-6400
Home Services, 764-6400
chores, repair, retrofit
Recreation Division, 764-6469
Nutrition and Transportation
Division, 764-6469
Social Services Division, 764-6469
Satellite Senior Centers, 764-1621
Transportation, 848-1355/848-1356
Volunteer Programs, 764-1612
RSVP, Foster Grandparents,
Senior Companions



Calling All Boomers!



Volunteer Today!!

Call the RSVP Program

764-1612

Or call the 50+ Sports and Fitness Program Office at
880-2800



CITY OF ALBUQUERQUE



BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS



WINTER SPORTS ACTIVITIES

WINTER FITNESS

Ski Fitness Cardio Weight Training Class

Want to get more out of your ski season? Get your body in shape for the slopes by attending Ski Fitness Class! This circuit class concentrates on the muscles used for skiing, increasing strength, balance and stamina.



**Get Ready
for the 2010
Ski Season!**

**Los Volcanes 50+ Sports
& Fitness Center, Aerobics Room**
Class 1: Tuesday, Nov 17–Dec 22
5:45–6:45 pm • \$40
Instructor: TBA

**Palo Duro 50+ Sports &
Fitness Center**
Class 1: Tuesday, Oct 6–Nov 10
Class 2: Tuesday, Nov 17–Dec 22
5:45–6:45 pm • \$40
Instructor: Hallie Carruthers

Manzano Mesa, Fitness Room
Class 1, Monday, Nov 16–Dec 21
6:30–7:30 pm • \$40
Instructor: Kathy Weaver



SPECIAL TRIPS

“Winter Sports Bunch” 2010 Overnight Trips

This Club organizes out-of-town, overnight skiing and snowshoeing trips for 50+ adults. This year...

- Red River, NM, January 19–21
(Red River Ski Area and Enchanted Forest X-country ski/snowshoe area) \$135 per person.
- Pagosa Springs, CO February 16–18
(Wolf Creek Ski & Nordic Areas) \$135 per person.

Costs are estimates, final costs are based on the number of participants. For info: Vivian Heyward, vheyward@msn.com, or Wally Ross, w20ross@aol.com.



Join the Senior Challenge!



SANDIA PEAK

The Challenge Program is a series of consecutive lessons designed for the 50+ skier. Sandia Peak Ski Area invites you to ski with friends and instructors in your own age group.

Call 242-9052 or visit www.sandiapeak.com, for more information.



SKI SANTA FE

Join Santa Fe Ski Area for our Seasoned Skier Program for ages 50+ and become a “Black Diamond Club” member. This 6-week program begins Monday, January 4.

For information & registration materials visit www.skisantafe.com



Valles Calderas National Preserve Cross Country and Snowshoe Day Trip

A special trip is planned for cross country skiers and snowshoers to the Valles Calderas National Preserve in the Jemez Mountains. The beautiful preserve is comprised of almost 89,000 acres including the headwaters of both San Antonio Creek and the East Fork of the Jemez River.

**Palo Duro 50+ Sports
& Fitness Center**
Date to be announced
(most likely on a Friday in February)

CHECK IN: 8:00 AM • RETURN: 4:30 PM
\$9 transportation and \$10 paid at time of trip to Valles Caldera Ranger Station
Instructor: Cindy McConnell
Call 880-2800 for more information

2010 Winter Sports Day Trips

We offer 4 different weekly day trips for people 50 years of age or older. Trips leave from Palo Duro 50+ Sports & Fitness Center and include Cross Country Skiing, Snowshoeing, Snowshoe 101, and Downhill Skiing.

Intermediate Cross-Country Ski Review

This one-day refresher course is for those who have completed beginner cross-country ski lessons or are intermediate to advanced skiers. Equipment will **not** be provided. Bring a sack lunch, snacks, water and dress in layers.

Friday, January 8

Check-In: 8:00 am • Return: 4:30 pm
\$15

Tuesday Trips Cross Country Skiing

Enjoy the splendor of New Mexico's back country. Trips are open to intermediate or advanced skiers. Cross Country Skiers must stay with the group. Depending on snow conditions, destinations include the Jemez, Manzano, and Sandia Mountains. Equipment is not provided. Bring a sack lunch, snacks, water and dress warmly in layers.

CHECK-IN: 8:00 am

DEPART: 8:30 am • RETURN: 4:30 pm

Cross Country Trip #1

Jemez Mountains, Tuesday, January 5

Cross Country Trip #2

Jemez Mountains, Tuesday, January 12

Cross Country Trip #3

Jemez Mountains, Tuesday, January 19

Cross Country Trip #4

Destination: Open, Tuesday, January 26

Cross Country Trip #5

Jemez Mountains, Tuesday, February 2

Cross Country Trip #6

Jemez Mountains, Tuesday, February 9

Cross Country Trip #7

Destination: Open, Tuesday, February 16

Cross Country Trip #8

Jemez Mountains, Tuesday, February 23

Cross Country Trip #9

Jemez Mountains, Tuesday, March 2

Cross Country Trip #10

Jemez Mountains, Tuesday, March 9

Cross Country Trip #11

Jemez Mountains, Tuesday, March 16

Wednesday Trips Snowshoeing

Snowshoeing is easy, inexpensive and lots of fun! Trips will be to the Jemez, Manzano and Sandia Mountains. Snowshoes can be checked out at the Palo Duro 50+ Sports & Fitness Center with a valid driver's license. Bring a sack lunch, snacks, water and dress in layers. Snowshoers can bring ski poles for more stability. Snowshoers must stay with the group.

CHECK-IN: 8:00 am

DEPART: 8:30 am • RETURN: 4:30 pm

Snowshoeing Trip #1

Jemez Mountains, Wednesday, January 6

Snowshoeing Trip #2

Jemez Mountains, Wednesday, January 13

Snowshoeing Trip #3

Jemez Mountains, Wednesday, January 20

Snowshoeing Trip #4

Jemez Mountains, Wednesday, January 27

Snowshoeing Trip #5

Jemez Mountains, Wednesday, February 3

Snowshoeing Trip #6

Destination Open, Wednesday, February 10

Snowshoeing Trip #7

Jemez Mountains, Wednesday, February 17

Snowshoeing Trip #8

Jemez Mountains, Wednesday, February 24

Snowshoeing Trip #9

Jemez Mountains, Wednesday, March 3

Snowshoeing Trip #10

Jemez Mountains, Wednesday, March 10

Snowshoeing Trip #11

Jemez Mountains, Wednesday, March 17

Friday Trips Snowshoe 101

Snowshoe 101 is for the novice winter outdoor enthusiast. These trips are designed for those who would like to get outside for winter play yet need to build lung and leg power. Conditioning exercises and information on gear and clothing will be offered. Snowshoes may be checked out at the Palo Duro 50+ Sports & Fitness Center with a valid driver's license. Destination will be the closest snow. Bring snacks, water and dress in layers.

CHECK-IN: 7:30 am

DEPART: 8:00 am • RETURN: 12:00 noon

Snowshoe 101 Trip #1

Friday, January 15

Snowshoe 101 Trip #2

Friday, January 22

Snowshoe 101 Trip #3

Friday, January 29

Snowshoe 101 Trip #4

Friday, February 5

Snowshoe 101 Trip #5

Friday, February 12

Snowshoe 101 Trip #6

Friday, February 19

Thursday Trips Downhill Skiing & Snowboarding

Trips are taken to Sandia Peak and Santa Fe ski areas. Ride with us and hit the slopes with friends knowing that someone else will be doing the driving.

CHECK-IN: 7:30 am

DEPART: 8:00 am • RETURN: 4:30 pm

Client must purchase own lift ticket.

Seniors 72+ get FREE lift tickets.

Downhill Trip #1

Santa Fe Ski Area, Thursday, January 7

Downhill Trip #2

Santa Fe Ski Area, Thursday, January 14

Downhill Trip #3

Santa Fe Ski Area, Thursday, January 21

Downhill Trip #4

Santa Fe Ski Area, Thursday, January 28

Downhill Trip #5

Santa Fe Ski Area, Thursday, February 4

Downhill Trip #6

Destination: Open, Thursday, February 11

Downhill Trip #7

Santa Fe Ski Area, Thursday, February 18

Downhill Trip #8

Santa Fe Ski Area, Thursday, February 25

Downhill Trip #9

Santa Fe Ski Area, Thursday, March 4

Downhill Trip #10

Santa Fe Ski Area, Thursday, March 11

Downhill Trip #11

Santa Fe Ski Area, Thursday, March 18



Turn page for
Day Trip
Registration



Please print

Registration is first come, first served. You may register at the Palo Duro 50+ Sports & Fitness Center, or by mailing your registration to: 3351 Monroe N.E., Albuquerque NM 87110

Winter Sports Registration Form

Name: _____ Date of birth _____
Last First Middle

Address: _____
Street City State Zip

Phone: _____ E-mail: _____ SS# (last 4 digits): _____

Emergency Contact: _____
Name Relationship Phone

Would you like to be a volunteer? ☐ YES

Are you a City of Albuquerque center member? ☐ YES ☐ NO
If yes, which center? _____ When does your membership expire? _____

2010 TUESDAY TRIPS Cross-Country <input type="checkbox"/> Trip 1 Jan. 5 Jemez \$9.00 <input type="checkbox"/> Trip 2 Jan. 12 Jemez \$9.00 <input type="checkbox"/> Trip 3 Jan. 19 Jemez \$9.00 <input type="checkbox"/> Trip 4 Jan. 26 Open \$9.00 <input type="checkbox"/> Trip 5 Feb. 2 Jemez \$9.00 <input type="checkbox"/> Trip 6 Feb. 9 Jemez \$9.00 <input type="checkbox"/> Trip 7 Feb. 16 Open \$9.00 <input type="checkbox"/> Trip 8 Feb. 23 Jemez \$9.00 <input type="checkbox"/> Trip 9 Mar. 2 Jemez \$9.00 <input type="checkbox"/> Trip 10 Mar. 9 Jemez \$9.00 <input type="checkbox"/> Trip 11 Mar. 16 Jemez \$9.00 CROSS-COUNTRY TOTAL \$_____	2110 WEDNESDAY TRIPS Snowshoeing <input type="checkbox"/> Trip 1 Jan. 6 Jemez \$9.00 <input type="checkbox"/> Trip 2 Jan. 13 Jemez \$9.00 <input type="checkbox"/> Trip 3 Jan. 20 Jemez \$9.00 <input type="checkbox"/> Trip 4 Jan. 27 Jemez \$9.00 <input type="checkbox"/> Trip 5 Feb. 3 Jemez \$9.00 <input type="checkbox"/> Trip 6 Feb. 10 Open \$9.00 <input type="checkbox"/> Trip 7 Feb. 17 Jemez \$9.00 <input type="checkbox"/> Trip 8 Feb. 24 Jemez \$9.00 <input type="checkbox"/> Trip 9 Mar. 3 Jemez \$9.00 <input type="checkbox"/> Trip 10 Mar. 10 Jemez \$9.00 <input type="checkbox"/> Trip 11 Mar. 17 Jemez \$9.00 SNOWSHOEING TOTAL \$_____	2010 THURSDAY TRIPS Downhill Skiing <input type="checkbox"/> Trip 1 Jan. 7 Santa Fe \$9.00 <input type="checkbox"/> Trip 2 Jan. 14 Santa Fe \$9.00 <input type="checkbox"/> Trip 3 Jan. 21 Santa Fe \$9.00 <input type="checkbox"/> Trip 4 Jan. 28 Santa Fe \$9.00 <input type="checkbox"/> Trip 5 Feb. 4 Santa Fe \$9.00 <input type="checkbox"/> Trip 6 Feb. 11 Open \$9.00 <input type="checkbox"/> Trip 7 Feb. 18 Santa Fe \$9.00 <input type="checkbox"/> Trip 8 Feb. 25 Santa Fe \$9.00 <input type="checkbox"/> Trip 9 Mar. 4 Santa Fe \$9.00 <input type="checkbox"/> Trip 10 Mar. 11 Santa Fe \$9.00 <input type="checkbox"/> Trip 11 Mar. 18 Santa Fe \$9.00 DOWNHILL TOTAL \$_____	Intermediate Cross-Country Ski Review <input type="checkbox"/> Friday, Jan. 8, 2010 15.00 SKI REVIEW TOTAL \$_____ 2010 FRIDAY TRIPS Snowshoe 101 <input type="checkbox"/> Trip 1 Jan. 15 Closest Snow \$9.00 <input type="checkbox"/> Trip 2 Jan. 22 Closest Snow \$9.00 <input type="checkbox"/> Trip 3 Jan. 29 Closest Snow \$9.00 <input type="checkbox"/> Trip 4 Feb. 5 Closest Snow \$9.00 <input type="checkbox"/> Trip 5 Feb. 12 Closest Snow \$9.00 <input type="checkbox"/> Trip 6 Feb. 19 Closest Snow \$9.00 SNOWSHOE 101 TOTAL \$_____ TRIP FEES FROM ABOVE \$_____ CENTER MEMBERSHIP (\$13) \$_____ TOTAL FEES \$_____
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LIABILITY WAIVER

I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, the Sandia Peak Ski Company, Santa Fe Ski Company, (hence and hereafter sometimes referred to as sponsors), their agents, employees, representatives and assigns, from any and all actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of injury arising out of my participation in the 50+ Winter Sports Program.

I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation.

I warrant and represent that I am in good physical health and condition and I am physically able to participate in the

events I have selected. I know of no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the 50+ Winter Sports Program. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing medical disorder which I may have, thereby resulting in serious or life-threatening harm to me.

The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the 50+ Winter Sports Program and/or the Fantastic Freeze Fest (50+ Winter Competitions.)



☐ **By checking the box I agree to the following:**

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature: _____ Date: _____

By completing this registration, I agree to abide by all the rules and regulations of and by the 2009/10 City of Albuquerque, Senior Winter Sports Program, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, 50+ Winter Sports Program.



IMPORTANT
Payment Schedule
and Trip Policies

1. Registrations for Winter Sports are on a first come, first serve basis.
2. Full payments for the Winter Sports (day trips only) will be required at time of sign-up.
3. Funds will be handled through an account with the City of Albuquerque.
4. Make checks payable to the City of Albuquerque.
5. Cancellations for day trips will require a 24-hour notice for a refund.
6. **Participants must stay with the group on all trips. No exceptions!**
7. **All Winter Sports refund requests must be made by Thursday, April 15, 2010** to the Palo Duro 50+ Sports & Fitness Office. No requests for refunds will be taken after this date. Refunds will be processed and must be signed for at the Palo Duro 50+ Sports and Fitness Office at the conclusion of the season.
8. **Activities will be canceled due to weather conditions, or when minimum attendance is not met.** A minimum of 6 participants is required to use a single van; a minimum of 12 people is required to use 2 vans.
9. If a Winter Sports event is canceled, you may apply the credit to another Winter Sports trip or request a refund.

Winter Sports Competitions

A 10-Day Winter Sports Event that includes Competitions in Cross-Country Skiing, Downhill Skiing, Snowboarding, Snowshoeing, and Ice Hockey!

You can pre-register for all events at Palo Duro 50+ Sports & Fitness Center
3351 Monroe, NE, Albuquerque, NM 87110 • 880-2800

Van transportation to and from the ski areas is available for \$9 and leaves from Palo Duro 50+ Sports & Fitness Center



Downhill Skiing & Snowboarding Competition and Poker Run

Santa Fe Ski Area Saturday, February 6, 2010

Events: Modified Giant Slalom two runs—throw out high time.

Age Categories: 50+ progressing in 5-year age increments. We reserve the right to combine age divisions depending on the number of entries.

Poker Run: In this fun FREE event each contestant collects 2 poker cards at 5 different specific sites on the ski mountain and then play poker for prizes at the end of the day!

Entry Fee:

Age 50 to 61\$67
Age 62 to 71\$50
Over 72\$16
Season Pass Holder\$16
Skier plus Discount Cards (\$20 discount at ticket window)

Cost includes your lift ticket, both events, lunch at Totemoff's Grill and Awards Ceremony!

Race Schedule

8:00–9:30 am	Registration & Check-in Santa Fe Ski Area Base Lodge, La Casa Café
9:00–10:00 am	Practice
10:00 am–12:00 pm	Downhill Race competition starts
12:00–2:00 pm	Poker Run
2:30 pm	Lunch & Awards Ceremony Totemoff's Grill at the Midway Lodge
4:00 pm	The van leaves to return to Palo Duro 50+ Sports & Fitness Center.

Snowshoe & Cross Country Skiing Events and Snowball Throwing Contest

Sandia Peak Ski Area Saturday, January 30, 2010

On-site Registration/Check-in: High Finance Restaurant

Age Categories: 50+ progressing in 5 year age increments. We reserve the right to combine divisions depending on the number of entries.

Entry Fee: \$15 (includes both Cross Country events OR both Snowshoe events and the Snowball Throwing Contest)

Cross Country Competition

1K Individual; 3K Individual

Snowshoe Competition

1K Individual; 100 Meter Individual

Cross Country Race Schedule

9:00 am	Tram opens
10:00–10:30 am	Registration and Check-in High Finance Restaurant
10:30–11:00 am	Practice: Cross Country
10:30 am–1:30 pm	Snowball Accuracy Throw
11:00 am	Cross Country Check-in: racers starting point on upper service road by High Finance Restaurant.
11:15 am	Cross Country 3K & 1K Race
11:45–12:15 am	Practice: Snowshoe
12:15 pm	Snowshoe Check-in, racers starting point on upper service road by High Finance Restaurant.
12:30 pm	Snowshoe 1K & 100 Meter Race
2:00 pm	Awards-High Finance Restaurant



Ice Hockey & Registration Form
next page ➡



Ice Hockey

Outpost Ice Arena Tuesday, February 2, 2010

Pre-Registrations: Palo Duro 50+ Sports & Fitness Center

Registration Deadline • Monday, February 1, 2010
\$15 per person Checks are to be made out to 30/30 Ice Hockey and mailed to Richard Olsen, 13709 Crested Butte Drive, NE, Albuquerque, NM 87112

Age Categories: 50+ (by December 31, 2010).
We reserve the right to combine divisions depending on the number of entries.

Conduct and Eligibility: the games will be played in accordance with the rules of the 30-30 Hockey League with no checking or slap shots.

Events: the games begin promptly at 7:00 pm. Officials will be provided. Teams will be set up after entry forms are completed. A minimum of two teams will make an event. Awards follow the event.

For more information: call Bob Waltson 771-2671, Richard Olson 299-1628 (home) or 350-6099 (cell) or the 50+ Sports & Fitness Program at 880-2800

Game Schedule

6:00–6:30 pm	Check-in & Orientation, Outpost Ice Arena
7:00–9:00 pm	Competition



50+ Fantastic Freeze Fest Registration

SS# (last 4 digits): _____

Checks payable to the City of Albuquerque (except for ice hockey).
See your event for registration deadline and details. Mail your registration to: Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110. (505) 880-2800.

Name: _____
Last First Middle

Address: _____
Street City State Zip

Phone (work): _____ Phone (home) _____

Cell phone: _____ E-mail: _____

Emergency Contact: _____
Name Relationship Phone

Age: _____
☐ Male ☐ Female
Date of Birth: _____
Month _____ Day _____ Year _____

LIABILITY WAIVER

I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, Sandia Peak Ski company, Santa Fe Ski Company, High Finance Restaurant, Outpost Ice Arena (hence and hereafter sometimes referred to as sponsors), their agents, employees, representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque Fantastic Freeze Fest. I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation in the Albuquerque Fantastic Freeze Fest. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque Fantastic Freeze Fest. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing medical disorder which I may have, thereby resulting in serious or life-threatening physical harm to me.

The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque Fantastic Freeze Fest.



☐ **By checking the box I agree to the following:**

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature: _____ Date: _____

By completing this registration, I agree to abide by all the rules and regulations of and by the 2010 City of Albuquerque Fantastic Freeze Fest, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Sandia Peak Ski company, Santa Fe Ski Company, High Finance Restaurant, Outpost Ice Arena.

Information: Call or drop by the 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110.
(505) 880-2800 • E-mail: asrice@cabq.gov

Registration Fees

Must have a current City of Albuquerque Senior Center Membership \$13/year \$ _____

If you already have a membership:

Center	Expires
--------	---------

Prices are per person. Check the events in which you wish to participate; then add up the right column.

DOWNHILL SKI & SNOWBOARD EVENTS

- ☐ FREE Poker Run
 - ☐ Snowboard Race
 - ☐ Downhill Ski Race
 - ☐ Age 50 to 61\$67.00 \$ _____
 - ☐ Age 62 to 71\$50.00 \$ _____
 - ☐ Age 72 and over\$16.00 \$ _____
 - ☐ Season Pass Holder\$16.00 \$ _____
 - ☐ Skier Plus Discount Card ..\$16.00 \$ _____
- (Skier plus must buy lift ticket at ski area ticket window)

CROSS-COUNTRY EVENTS

- ☐ 1 K Race First Event
- ☐ 3 K Race Second Event
(for both events)\$15.00 \$ _____

SNOWSHOE EVENTS

- ☐ 100 Meter Individual
- ☐ 1 K Individual
(for both events)\$15.00 \$ _____
- ☐ FREE Snowball Accuracy Throw

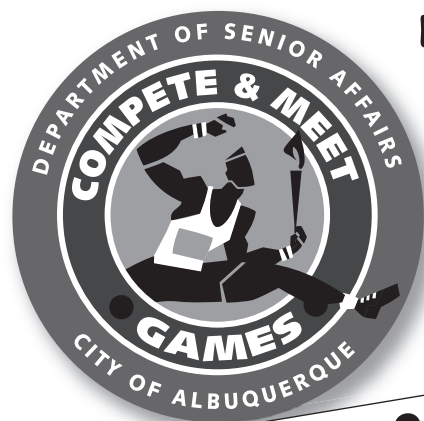
HOCKEY

- ☐ Team Hockey (check payable to 30/30 Ice Hockey)

VAN TRANSPORTATION

- ☐ To Sandia Peak (Jan 30) \$9.00 \$ _____
- ☐ To Santa Fe (Feb 6) ...\$9.00 \$ _____

TOTAL REGISTRATION FEES \$ _____



Call 880-2800
(Palo Duro 50+ Sports & Fitness Program) or one of the event coordinators in the listings below, if you want more information on an event.

The 2010 “Compete & Meet” Games

Sponsored by the City of Albuquerque Department of Senior Affairs 50+ Sports and Fitness Program, the 2010 Compete & Meet Games offers 4 competitions and 3 workshops to all athletes, nationwide, 50 years and older. Compete against your peers in Bocce, Tennis and Weight Lifting. Each competition concludes with an awards presentation and medals to the 1st, 2nd and 3rd place winners.

Doubles Tennis Tournament

If you are a seasoned tennis player or a beginner, this tournament will be what you are looking for!

Doubles Tennis Tournament

Saturday–Sunday, September 25–26

Jerry Cline Tennis Complex, 7205 Constitution NE
Competitions include both men's and women's doubles, mixed doubles and a free Fast Serve contest.

\$10 per person, per event with current center membership.

Co-hosted by the Jerry Cline Tennis Complex

Call 880-2800

Register by: Saturday, September 18, 2010

Doubles divisions are based on a combined total of NTRP ratings. The divisions will be 4.0, 5.0, 6.0, 7.0, 8.0 and 9.0. The tournament directors reserve the right to combine tournament categories based on the number of entries. Tournament will be single elimination and/or round robin depending on number of entries. Every team will be guaranteed at least 2 matches.

Medals will be given for 1st, 2nd and 3rd place finishers in each division, prizes from area clubs and stores, and a racquet donated by Sandia Racquet Services, will be given as door prizes throughout the tournament.

Serve Contest: Based on the speed and accuracy. The only serves that count are those that hit a target. For registration information see page 12.

Doubles Pickleball Tournament

Doubles Pickleball Tournament

Friday–Saturday, January 15–17, 2010

Manzanito Mesa Multigenerational Center,

\$25 per person, plus \$5 for second event

with current center membership.

Register by: Friday, January 8, 2010

Thanks to...
Sandia Racquet Services

1717 Girard NE • Albuquerque NM 87106
505-266-2572 Chip@SandiaRacquetServices.com

Weight Lifting Workshop and Competition

For anyone interested in weight training, this workshop teaches techniques and strategies to compete in bench press, arm curl and dead lift. This PowerSports competition is sanctioned by NASA, which means if any New Mexico State lifting records are broken at this event, they will become new State records!

Competition is organized in age groups of both men and women in each lift. Individual medals will be given to the top 3 winners in each category. There will be a traveling trophy awarded to the gym with the strongest team of athletes entered (determined on a ratio of body weight to weight lifted). Teams will consist of a minimum of 5 individuals, up to 10 individuals, any combination of men and/or women. Gyms may enter as many teams as they wish. For more information call David Torrez, TNT Sport Performance, LLC, at Liberty Gym at 250-6580 or the Palo Duro 50+ Sports & Fitness Center at 880-2800.

Weight Lifting Workshop

Saturday, August 28, 2010 • 9:00 am

Liberty Gym

Register by: Saturday, August 21, 2010 • \$20

Weight Lifting Competition

Saturday, October 30, 2010 • 9:00 am

Liberty Gym

Register by: Saturday, October 23, 2010

\$10 (FREE if registered for Weight Lifting Workshop)
National power lifting rules apply and categories will be based on the number of entries.

For information from your local gym:

50+ Sports & Fitness Centers–Berlinda Padilla
839-3710, bpadilla@cabq.com

Liberty Gym–David Torrez
250-6580, pwrlft45@yahoo.com

Defined Fitness–Daren Parks
303-916-4041, dparks@defined.com

New Mexico Sports & Wellness–Erin White
349-4957, ewhite@wellbridge.com or Terry Andrews,
897-3416, tandrews@wellbridge.com

Gold's Gym–Doc Jarrett, 881-8500

Anytime Fitness–Mark Atencio
332-3493, afitness@vcimail.com

Jewish Community Center–Tom Gallagher
348-4511, TomG@jccabq.org

Open Gym–Casey Head, CSCS,
299-2475, casey@theopengym.com

Track & Field Workshop

Practice your running and throwing events and learn new track & field skills! Olympic Medalist Trish Porter and other experts will be coaching participants on running, javelin, discus, shot put, pole vault and high jump.



Albuquerque Academy, Track

Sunday, April 11, 2010 • 11:00 am–2:00 pm

FREE • Register the morning of event

Swim Workshop

Come to a technique “tune-up” swim workshop. Tammy Wilson will be our lead instructor guiding participants through various drills in all four strokes as well as on body position and turns.

Tammy Wilson came to the University of New Mexico on a swimming scholarship where she earned a BS in Physical Education and a MA in Education. Tammy has taught 28 years in APS and presently coaches swimming at Manzano High School and master and senior swimmers. At the 2009 National Senior Olympics, Tammy placed 1st in the 50 breast, 100 breast, 200 breast with senior national records in all three events; 2nd in the 100, 200 IM and the 100 fly.

Los Altos Pool

Saturday February 27, 2010 • 1:00 pm

FREE • Register by: Saturday, February 20, 2010

Bocce Tournament

Learn a fun Italian sport—Bocce Ball! The 50+ Sports and Fitness Program, along with Bravo!



Cucina Italiana are hosting this tournament to build you into a Bocce Ball “pro.” Bravo! has a Bocce Ball court in their patio where the tournaments will be held. Experts will be on hand giving instruction on rules and strategy. Medals and prizes will be awarded!

Bravo! Cucina Italiana • 2220 Louisiana NE

Saturday–Tuesday, June 5–8, 2010 • 8:00 am

Entry deadline: Friday, May 28, 2010 • \$10

Saturday–Tuesday, October 9–12, 2010 • 8:00 am

Entry deadline: Saturday, October 2, 2010 • \$10

Compete & Meet Schedule and Registration Form • next page ➡

2010 “Compete & Meet” events at-a-glance



OPEN TO ALL • 50+ to 100+!

Don’t miss these special competitions and workshops open to athletes outside Albuquerque and New Mexico!

Due to budget restraints, we will not mail out reminder notices. It is the responsibility of the participant to note the time and place of each event and to arrive before the default time.

Event	Date	Venue	Time	Register by	Cost*	Notes
Pickleball Doubles Tournament	Friday–Sunday January 27, 2010	Manzano Mesa Multigen. Ctr.	9:00 am	Friday, January 8, 2010	\$ 25.00	
Swimming Workshop	Saturday, February 27, 2010	Los Altos Aquatic Center	1:00 pm	Saturday, February 20, 2010	Free	Tammy Wilson Coach
Track & Field Workshop	Sunday April 11, 2010	Albuquerque Academy	11:00 am–2:00 pm	Saturday April 8, 2010	Free	Trish Porter featured coach
Bocce Ball Competition	Saturday–Tuesday June 5–8, 2010	Bravo! Cuchino Italian Restaurant	9:00 am	Saturday, May 29, 2010	\$10.00	
Weight Training Workshop	Saturday, August 28, 2010	Liberty Gym	9:00 am	Saturday, August 21, 2010	\$ 20.00	NASA certified coach David Torrez
Tennis Doubles Tournament	Saturday–Sunday September 25–26, 2010	Jerry Cline Tennis Complex	8:00 am	Saturday, September 18, 2010	\$10.00 per event	
Bocce Ball Competition	Saturday–Tuesday October 9–12, 2010	Bravo! Cuchino Italian Restaurant	9:00 am	Saturday, October 2, 2010	\$10.00	
Weight Training Competition	Saturday, October 30, 2010	Liberty Gym	9:00 am	Saturday, October 23, 2010	\$10.00 or free with workshop	NASA sanctioned

Please print



Make checks payable to the City of Albuquerque. See your sport for registration deadline details.
Mail your registration to Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

Compete and Meet Games Registration Form

Name: _____
Last First Middle

Address: _____
Street City

State Zip

Home Phone: _____ Work Phone: _____ Social Security # _____
Last 4 digits only

Cell Phone: _____ E-mail: _____

☐ I am interested in volunteering with the 50+ Sports and Fitness Program

Emergency Contact: _____
Name Relationship Phone

LIABILITY WAIVER: I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, Albuquerque Academy, Liberty Gym, Bravo Restaurant, their agents, employees, representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque Compete and Meet Games. I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation in the Albuquerque Compete and Meet Games. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque Compete and Meet Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing medical disorder which I may have, thereby resulting in serious or life-threatening physical harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Alb. Compete & Meet Games.

Signature _____ Date _____

By completing this registration, I agree to abide by all the rules and regulations of and by the 2010 City of Albuquerque Compete and Meet Games, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque Academy, Liberty Gym, Bravo Restaurant.

REGISTRATION FEES

City of Albuquerque Center Membership\$13.00
or Current Membership information: _____
Center Expires

ADDITIONAL FEES

☐ Weight Lifting Workshop\$20.00\$_____
☐ Bocce Tournament\$10.00 both\$_____
☐ Singles ☐ Doubles Partner: _____
Must register separately
☐ Tennis Tournament\$10.00 per event\$_____
Tennis NTRP Rating: _____
☐ Singles ☐ Doubles Partner: _____
Must register separately
☐ Weight Lifting Competition\$10.00\$_____
(Free with the workshop)
☐ Swimming WorkshopFree\$_____
☐ Track WorkshopFree\$_____
TOTAL AMOUNT ENCLOSED \$_____

☐ **By checking the box I agree to the following:** 

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The following pages contain a directory of classes, clinics, workshops, clubs, special events and practices available in the Albuquerque area through the Department of Senior Affairs, 50+ Sports & Fitness Program.

Sports and Fitness a to z

Call 880-2800

(Palo Duro 50+ Sports & Fitness Program) or one of the event coordinators in the listings below, if you want more information on an activity/event.

AIR GUN

ALBUQUERQUE 50+ GAMES

Air Gun Competition

Saturday, April 10,
2010, 8:00 am
Eldorado High School
11300 Montgomery Blvd. NE.

**ABQ
50+
GAMES
PAGE 27**

For more information how you can learn to shoot an air gun, contact the 50+ Sports & Fitness Office 880-2800 or Dick Perry at 263-0763. This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.

Air Gun Workshop

Get ready for the Games at this workshop that focuses on basic marksmanship principles and techniques with emphasis on position and firing procedures.

Saturday, March 13, 2010
8:00 am–12:00 pm
Eldorado High School

Air Gun Practices

For beginners interested in learning the sport of Air Guns or those that would like to hone their skills for competition.

Begins in January (by reservation)
Eldorado High School, Rifle Range

Contact: Major Jim Korber,
Senior Instructor, Eldorado High
School JR ROTC at 296-4871 or
Dick Perry at 856-7008.

Zia Rifle & Pistol Club

The Zia Rifle & Pistol Club promotes participation in shooting sports, with emphasis on safety.

Bear Canyon, Room 5
3rd Thursday, 7:00–9:00 pm
Instructor: Tom Tomasi,
President 797-2661



AQUATICS

(Also see "Swimming")

Adapted Aquatics

This class is taught in therapeutic 92 degree water and helps increase joint mobility as well as develop muscular strength and endurance.

Classes are \$1. Transportation is available on Monday, Wednesday and Friday from all seven City of Albuquerque centers for 50¢ to the newly renovated UNM Therapy Pool. Please call 880-2800 for information.

University of New Mexico
Therapy Pool
Monday–Friday
1:00–2:00 pm



The UNM pool is closed over the following dates:
October 15–16, 2009
November 26–27, 2009
December 21, 2009–January 18, 2010
March 15–19, 2010
May 17–June 4, 2010
July 5, 2010
August 2–20, 2010
September 6, 2010



My Story...

"I lost 60 lbs over approximately 7 months. At the gym I started out on the seated cross trainer...I moved to the treadmill after I lost half the weight. I now walk at 15 grade starting at a speed of 2.5 and increase to around 3.5 and decrease the grade to 10."

—Jacquaeline Hellman, Age 61

ARCHERY

ALBUQUERQUE 50+ GAMES

Archery Competition

Saturday, May 1, 2010
9:00 am Archery Range,
Tijeras, NM

ABQ
50+
GAMES
PAGE 27

The competition is sponsored by the Sandia Crest Bowhunters Association. This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.



BADMINTON

ALBUQUERQUE 50+ GAMES

Badminton Competition

Friday–Saturday
April 30–May 1, 2010,
10:00 am Manzano
Mesa, 501 Elizabeth SE

ABQ
50+
GAMES
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This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.

Badminton

This fun sport provides an opportunity to participate in a sports program which is beneficial to both your physical and mental well-being. It also provides cardiovascular benefits, as well as weight-bearing exercise needed for musculoskeletal health. This is competitive badminton—a demanding sport.

Manzano Mesa, Gym
Monday, Friday, 1:00–4:00 pm
Tuesday, 6:00–9:00 pm

Wells Park Community Center, Gym
Tuesday & Thursday, 1:30–3:30 pm
Coordinators: Terry and
Nan Lauritsen, 266-8237



BASKETBALL

NEW MEXICO SENIOR OLYMPICS

Basketball Competition

State competition only

NEW MEXICO
SENIOR
OLYMPICS

The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics, 1-575-623-5777, www.nmseniorolympics.org, or the Palo Duro 50+ Sports & Fitness Center, 880-2800.

Drop-In Basketball

Open/Drop-In Basketball is offered everyday of the week (Monday–Saturday) at the times listed below. Teams are formed as participants show up and sign in.

Manzano Mesa, Gym
Monday, 11:00 am–4:00 pm
6:00–9:00 pm
Tuesday, 9:30 am–1:00 pm
Wednesday, 11:00 am–1:30 pm
6:00–9:00 pm
Thursday, 9:30 am–2:00 pm
Friday, 11:00 am–4:00 pm
7:00–9:00 pm
Saturday, 11:30 am–3:00 pm
Saturday schedule subject to change

Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games. This is definitely a good workout, with a lot of action and exercise.

Manzano Mesa, Gym (East Court)
Tuesday, 11:00 am–1:00 pm
Thursday, 11:00 am–1:30 pm

50+ Women's 3 on 3 Basketball City League

Offered by The City of Albuquerque Parks and Recreation Department and the NM Senior Sports Foundation. Games are Thursdays, November–March.

Canyonets Basketball Program
Chris Hayward 798-9322
E-mail: chrishayward152@comcast.net

A League of Their Own
Ina Stewart 898-9568
Lucy Padilla 897-2203
E-mail: GingerRichbballjunqie@yahoo.com

National Senior Games rules apply. For information contact the City of Albuquerque Sports Office at 291-6239, the NM Senior Sports Foundation at 299-7768 or check the website at www.senior-sports.org

50+ Men's 3 on 3 Basketball City League

An Albuquerque 50+ Men's basketball program welcomes all men over the age of 50.

Saturday, 7:30–10:00 am
Allen Wainwright, 350-1574

ALBUQUERQUE 50+ GAMES

Basketball Free Throw Competition

Saturday, March 13,
2010, 9:00 am
Manzano Mesa, 501 Elizabeth SE

ABQ
50+
GAMES
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Contestants shoot 15 free throws in succession. The contestant who makes the most baskets is declared the winner. The free throw line for the women is 14 ft. and for men 15 ft.

This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.

ALBUQUERQUE 50+ GAMES

Basketball 3 Point Shot Competition

Held with the Free Throw Competition

Saturday, March 13, 2010, 9:00 am
Manzano Mesa, 501 Elizabeth SE

ABQ
50+
GAMES
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Each contestant will shoot one shot from each of the five different pre-marked positions on the 3-point line beginning with the designated corner. The additional shot may be taken from any one of the 5 marked positions at the shooter's discretion. The contestant who makes the most baskets will be declared the winner.

This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.

My Story...



"I'm happy to report since attending the Enhanced Fitness at Los Volcanes the past 15 months my balance is much improved plus I feel great! It helps one become energized and ready for the day."

—Gloria Brown, Age 77

EIGHT BALL POOL

ALBUQUERQUE 50+ GAMES

Eight Ball Pool Competition

Saturday, March 13,
2010, 10:00 am
Doc & Eddy's,
6040 Brentwood Ln NE



Doc & Eddy's is a neighborhood billiards club with a touch of class that you are sure to enjoy. Contact Rachael Rumschlag, 350-3251 for information.

This event is a New Mexico Senior Olympics and National Senior Games qualifying event.



Eight Ball Pool at the Centers

A great way to visit and meet with friends. A variety of games are played at each center. Donation requested.

Barelas, Billiards Room
Monday–Friday, 8:00 am–5:00 pm

Bear Canyon, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Saturday, 9:00 am–3:00 pm

Highland, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Wednesday, 8:00 am–9:00 pm
Saturday, 10:00 am–5:00 pm

Los Volcanes, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Thursday, 8:00 am–8:30 pm
Saturday, 9:00 am–3:00 pm

North Valley, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Tuesday, 8:00 am–9:00 pm

Palo Duro, Mtn. Mahogany Game Rm.
Monday–Friday, 8:00 am–5:00 pm
Wednesday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

BOWLING

ALBUQUERQUE 50+ GAMES

Bowling Competition

Tuesday, Wednesday &
Friday, March 9, 10, &
12, 2010, 8:30 am
Leisure Bowl, 7400 Lomas NE



If you would like to bowl on a team or with a partner and you do not have one, please mark your request on your registration sheet.

This event is a New Mexico Senior Olympics and National Senior Games qualifying event.

CROSS COUNTRY SKIING

See Winter Sports on page 7.

CYCLING

ALBUQUERQUE 50+ GAMES

Cycling Competition

Saturday–Sunday,
April 24–25, 2010
Check-in at 7:30 am
Stanley, New Mexico, Hwy 41, north
of the City of Moriarty.



This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.

Cycling Workshop

Learn about Cycling. Topics covered are: training, preparing your bike, eating and drinking, warming up, time trial and road races.

Thursday, March 18, 2010

1:00–2:00 pm

McKinley Community Center

To sign-up call 880-2800, for more information contact Peter Stirbis at 299-8442.

Bicycle 101

Learn about bike routes, riding in traffic, fixing a flat, maintenance, proper bike and helmet fit, and the rules of the road. Bring a bicycle in good working order, a certified non-crashed helmet, and wear comfortable clothes. A bike helmet may be purchased in class.

Barelas, Social Hall
Saturday, December 12, 2009
9:00 am–12:00 pm • \$15

Mountain Bike Lessons for Beginners



Part 1 at Sport Systems

Learn what to wear, bike & helmet choices. How to use tools, repair kits. Information on water and sports drinks, and field questions.

Sport Systems

6915 Montgomery NE

Thursday, June 10, 2010, 6:30–7:30 pm

Meet downstairs in the bicycle area

Part 2 at Elena Gallegos

David will cover riding tips such as: proper weight distribution, turning dynamics, and injury prevention. He will then lead a one hour easy ride starting and ending at the parking lot at the Elena Gallegos trail head

Elena Gallegos Open Space

Saturday, June 12, 2010, 8:00–9:00 am

Turn right after the Open Space Ranger Station to the first parking lot.

\$2.00 Open Space Parking Fee must be paid at Ranger Station upon arriving.

If there is enough interest in monthly off-road mountain bike rides, we will organize rides beginning in May of 2010.

Class limited to 20 participants and attendance at both classes is required.

For registration and more information call the Palo Duro 50+ Sports & Fitness Center at 880-2800.



For “Compete & Meet” events look for this logo
More information on
pages 11

Calendar at-a-glance

2009

December Begin Registration for
Winter Trips



2010

January

Winter Sports

Cross Country Skiing, Snowshoeing,
and Downhill Skiing
begin • Jan 5

Cross Country Intermediate

Review Class

Friday, Jan 8

Red River Overnight Ski Trip

Tues–Thurs, Jan 19–21

Snowshoe 101

Friday, Jan 15–Feb 19

Swimming Clinic C&M

Saturday, Jan 23

Fantastic Freeze Fest

Cross Country Skiing &

Snowshoe Competition

Saturday, Jan 30

February

Winter Sports

Cross Country Skiing, Snowshoeing,
and Downhill Skiing

Snowshoe 101

Friday, Jan 15–Feb 19

Fantastic Freeze Fest

Ice Hockey Game

Tuesday, Feb 2

Fantastic Freeze Fest

Downhill Skiing &

Snowboard Competition

Saturday, Feb 6

Pagosa Springs

Overnight Ski Trip

Tues–Thurs, Feb 16–18

Valles Calderas National

Preserve Cross Country Skiing

& Snowshoe Trip TBA

March

Winter Sports

Cross Country Skiing, Snowshoeing,
and Downhill Skiing

Bowling Competition Abq 50+

Fri–Sat, Mar 13–14

April

Fitness Hiking

Tues, Apr–Oct (PDFC)
3rd Thurs, Apr–Oct (LVFC)

Huachas Competition Abq 50+

Saturday, April 10

5K Road Race Abq 50+

Saturday, April 10

Air Gun Competition Abq 50+

Saturday, April 10

Pickleball Competition Abq 50+

Fri–Sat, Apr 16–17

Talent Show &

Dance Competition Abq 50+

Tuesday, April 20

Cycling Competition Abq 50+

Sat–Sun, Apr 24–25

Racewalking

Competition Abq 50+

Sunday, April 25

May

Fitness Hiking

Tues, Apr–Oct (PDFC)
3rd Thurs, Apr–Oct (LVFC)

Archery Competition Abq 50+

Saturday, May 1

Badminton Competition Abq 50+

Sat–Sun, May 1–2

Golf Competition Abq 50+

Thursday, May 6

Track & Field Competition Abq 50+

Fri–Sat, May 7–8

Recreational Events

Competition Abq 50+

Saturday, May 8

Tennis Competition Abq 50+

Sat–Tues, May 15–18

Horseshoes Competition Abq 50+

Saturday, May 22

Walk About Albuquerque,

Session 2 • Mon, May 10–June 21

Wed, May 12–June 23

Be Fit to Go!

Join the 50+ Sports & Fitness Program and
you will become Fit to Live your life to the fullest!

2009–2010

50+ Sports &

Fitness Program

offering Fitness opportunities
at all these centers.

Call 880-2800

Bowling Competition Abq 50+
Tues, Wed, Fri, Mar 9, 10, 12

8 Ball Pool Competition Abq 50+
Saturday, March 13

Air Gun Workshop Abq 50+
Saturday, March 13

**Basketball Free Throw
& 3 Point Competition** Abq 50+
Saturday, March 13

Track & Field Workshop C&M
Saturday, March 27




**Shuffleboard
Competition** Abq 50+
Fri–Sat, Mar 19–20

**Swimming
Competition** Abq 50+
Saturday, March 20







**Racquetball
Competition** Abq 50+
Thursday, March 25

Walk About Albuquerque,
Session 1, Mon, Mar 22–Apr 26
Wed, Mar 24–Apr 28

Table Tennis Competition Abq 50+
Sat–Sun, Mar 27–28

	Los Volcanes* 50+ Sports & Fitness Center	839-3701
	Manzano Mesa* Multigenerational Center	275-8731
	Palo Duro* 50+ Sports & Fitness Center	880-2800

C+M = Compete and Meet Games **page 11**
Abq 50+ = Albuquerque 50+ Games **page 27**
PDFC = Palo Duro Fitness Center
LVFC = Los Volcanes Fitness Center

	Barelas	764-6436
	Bear Canyon	291-6211
	Highland	256-2000
	Los Volcanes	836-8745
	North Valley*	761-4025
	Palo Duro	888-8102

Centers with (*) all have fitness rooms equipped with strength training and cardio equipment.
They are available with your current senior center membership (Only \$13 per year) and 50¢ contribution per visit.

June

Fitness Hiking
Tues, Apr–Oct (PDFC)
3rd Thurs, Apr–Oct (LVFC)

Bocce Ball Competition C&M
Sat–Tues, June 5–8

July

Fitness Hiking
Tues, Apr–Oct (PDFC)
3rd Thurs, Apr–Oct (LVFC)

New Mexico Senior Olympics
Wed–Sun, July 28–Aug 1

August

Walk About Albuquerque
Session 3
Mon, Aug 16–Sept 27
Wed, Aug 18–Sept 29

Fitness Hiking
Tues, Apr–Oct (PDFC)
3rd Thurs, Apr–Oct (LVFC)

Weight Training Workshop C&M
Saturday, August 28

September

Fitness Hiking
Tues, Apr–Oct (PDFC)
3rd Thurs, Apr–Oct (LVFC)

Tennis Tournament C&M
Sat–Sun, September 25–26

October

Fitness Hiking
Tues, Apr–Oct (PDFC)
3rd Thurs, Apr–Oct (LVFC)

Ski Fitness Class I
Tuesday, Oct 5–Nov 9

Bocce Ball Competition C&M
Sat–Tues, October 9–12

Weight Training Competition C&M
Saturday, October 30

November

Ski Fitness Class II
Nov 16–Dec 21

December

Begin Registration for
Winter Trips



DANCE

ALBUQUERQUE 50+ GAMES

Talent Show and Dance Idol Competition

Includes country western, jitterbug, line dancing, polka, latin (cha cha and Paso Doble), waltz, and country waltz. Seating is limited for this popular show and tickets are required.

Tuesday, April 20, 2010, 1:00 pm
South Broadway Cultural Center
1025 Broadway SE
To reserve your **FREE** tickets
call 880-2800.

For Competitors

Mandatory Meeting for Competitors

Learn rule changes and Talent Show and Dance Competition details.

Tuesday, March 16, 2010, 2:00 pm
Los Volcanes 50+ Sports & Fitness Center, Aerobics Room

Mandatory Dress Rehearsal for Competitors

Monday, April 19, 2010, 8:00 am
South Broadway Cultural Center

The Dance contest is part of the Idol Competition which includes the Talent Show. This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.



DANCE INSTRUCTION

Ballet for Adults

Learn poise, grace, balance, self-confidence and discipline, while getting excellent exercise and having a lot of fun! Give yourself the gift of movement.

Manzano Mesa, Social Hall
Saturday, 11:30 am–12:30 pm
Instructor: Anna Marie Urioste

Wise Women Belly Dance

Belly dance celebrates the female spirit and the strength and beauty of women of all sizes, ages and shapes. Celebrate the joy of natural movement and burn up to 400 calories an hour. Combined with a healthy diet, belly dancing can be part of a sound weight loss program.

Manzano Mesa, East Social Hall
Thursday, 5:45–6:45 pm
Instructor: Maria Amaya

Los Volcanes
Thursday, 11:00 am–12:00 pm
Instructor: La Samra'

African Dance/Drum Class

This is a combination class incorporating various traditional styles of African dance and drumming. The class is being recognized as a new form of entertainment, and being asked to perform at numerous outings and events. No experience is necessary.

Manzano Mesa, Room 4
Tuesday, 2:15–3:30 pm
Instructor: Camilla Dodson



WINTER SPORTS

Starting on Page 6
Fitness, Day Trips,
Competitions
and More!

Ballroom Dance Lessons

Highland, Social Hall
Thursday, 1:30–2:30 pm
Instructor: Esther Roybal

Bear Canyon, Social Hall
Thursday, 5:00–6:00 pm
Instructor: Fred Laureta

Clogging

Clogging is an American dance form that began in the Appalachian Mountains. The word "Clog" comes from the Gaelic word meaning, "time." Clogging is done to all kinds of music from Country Western to WWII songs.

Bear Canyon, Social Hall
Friday, 1:30–3:00 pm
Instructor: Ann McCoy, 296-5376

Manzano Mesa, East Social Hall
Tuesday, 4:30–6:00 pm
Instructor: Shirley Smith

Hula Dancing

Hula is the living art and soul of Hawaii expressed in dance. Come and experience the grace and beauty of hula taught by Hawaiian native Cindi Heffner. This series of classes will cover basic foot, hand and body movement of the hula as well as Hawaiian phrases, greetings and the significance of "Aloha." No previous dance experience is required.

Los Volcanes, Social Hall
Thursdays, 7:00–8:00 pm
Instructor: Cindi Heffner
(836-8745 for current class schedule)

Latin Dance

This is your chance to improve your dance skills and get ready to waltz, fox-trot, cha cha, rumba, cumbia, swing and tango the night away!

Palo Duro, Mesquite Room
Friday, Oct 2–Nov 20, 2009
1:45–2:45 pm
Instructor: Fred Laureta

Questions about any of these programs?

Call the host center, the event coordinator in the listing, or the 50+ Sports and Fitness office at 880-2800

Line Dance

Line dancing is great for people who love to dance but don't have a partner. Each person learns the dance routine and dances in a line, much like a chorus line. We cannot accept beginners after the first month of each new class.

Barelas, Social Hall
Beginning
Friday, 12:45–1:30 pm
Instructor: Virginia Garcia

Bear Canyon, Social Hall
Advanced
Thursday, 1:30–3:15 pm
\$1, Instructor: Clarada Hull

Beginning
Thursday, 3:30–4:30 pm
\$1, Instructor: Clarada Hull

Intermediate I
Tuesday, 3:00–4:30 pm
\$1, Instructor: Clarada Hull

Intermediate II
Tuesday, 1:30–3:00 pm

Highland, Social Hall
Intermediate
Tuesday, 1:30–3:30 pm
Instructor: Maggie Bice

Los Volcanes, Social Hall
Tuesday, 9:30–10:30 am

Beginning
Thursday, 9:00–10:00 am
\$1, Instructor: Kathy Tidy

Intermediate
Thursday, 10:00–11:00 am
\$1, Instructor: Kathy Tidy

Los Volcanes 50+
Sports & Fitness, Aerobics Room
Tuesday, 9:45–11:45 am
\$2, Instructor: Carrie Fox

Manzano Mesa, Social Hall
Beginning
Wednesday, 1:30–4:30 pm
Instructor: Georgette Smith

Intermediate II
Friday, 1:30–4:30 pm
Instructor: Wylene Santistevan

Advanced
Friday, 1:30–4:30 pm
Instructor: Wylene Santistevan

Palo Duro, Mesquite Room
Wednesdays, Oct 7–Nov 18, 2009,
Dec 2–16, 2009, 1:45–2:45 pm
Instructor: Fred Laureta

North Valley, Social Hall
Beginning
Monday, 2:00–3:00 pm

Natural Dance

This unique and joyful approach to improving physical and mental well being focuses on movements' encountered in daily activities such as walking, bending, twisting and lifting. Natural Dance helps us find balance, alignment and efficient movement through gentle exercise set to music.

Palo Duro, Mesquite Room 2 & 3
Wednesday, Oct 7–Nov 18, 2009
 6:30–7:30 pm
Wednesday, Dec 2–16, 2009
 6:30–7:30 pm

NIA (Dancing through Life)

Experience the joy of movement using the Nia Technique. Created by Carlos Rosas and Debbie Rosas, Nia draws from dance arts, martial arts, and healing arts. Nia is a transformational movement practice that increases the pleasure of living in your body, creating weight loss, strengthening muscles, and improving muscle tone and definition. Nia is done barefoot to inspiring world music that calms the mind and relieves stress.

Highland, Room 8
Saturday, 10:15–11:15 am
 \$7 or \$30 for a five-week class card
 Instructor: Elizabeth Cervantes,
 Certified Nia Technique Instructor

Highland, Social Hall
Wednesday, 5:45–6:45 pm
Thursday, 11:00 am–12:00 pm
 \$7 or \$30 for a five-week class card
 Instructor: Michele Diel, Certified
 Nia Technique Instructor

Salsa-Robics

Basic steps from various Latin dances provide a low impact aerobic workout and a foundation for the Ballroom and Latin Dance classes. Women and men are welcome! The tempo of the music, the syncopated patterns of the Cha Cha, Salsa/Mambo, Samba, and Rumba combined with the intensity with which the exercises are approached, determine the aerobic benefit making this suitable for virtually everyone. This is a fun way to relieve stress, improve flexibility and build stamina. Wear comfortable clothes and shoes.

Los Volcanes, Social Hall
Saturday, 10:30–11:30 am
Thursday, 6:00–7:00 pm
 \$2, Instructor: Sonya Trujillo

Jubilee Dancers

This is a group of dancers who choreograph their dances to various show tunes. They entertain at nursing homes, other centers and throughout the community. This group is already established but newcomers are welcome.

Manzano Mesa, East Social Hall
Monday, 1:00–2:30 pm

DANCES

Dance, Afternoon & Evening

Dance to top 40s, Spanish, country western, and oldies. Check out the bulletin board for our monthly listings of bands. Various bands will play and dances are \$2.50.

Barelas, Social Hall
Friday, 1:30–4:00 pm
Los Volcanes, Social Hall
Thursday, 1:30–4:00 pm
North Valley, Social Hall
Sunday, 1:30–4:30 pm
Highland, Social Hall
Saturday, 2:00–5:00 pm
Bear Canyon, Social Hall
Thursday, 6:30–9:00 pm

Dinner Dances

Spend an elegant evening dining and dancing to ballroom music. Dinner dances \$7.50 per person. Various bands will play.

Barelas, Social Hall
2nd Wednesday, 4:00–7:00 pm
Los Volcanes, Social Hall
Last Tuesday, 4:30–7:30 pm
 Doors open at 4:00 pm
North Valley, Social Hall
3rd Tuesday, 4:00–7:00 pm
 Dinner served at 4:30 pm

DOWNHILL SKIING TRIPS

See Winter Sports on page 7.



EXERCISE

Active Living Every Day

Do you want to get moving and feel better? The answer is Active Living Every Day (ALED), a 20-week course based on scientific research adopted by the Robert Wood Johnson Foundation and recognized by the American Public Health Association's "Award of Excellence in Program Innovation." ALED is not simply an exercise class. It is a behavior modification program that has been proven to work. The City's Department of Senior Affairs 50+ Sports & Fitness program is partnering with OASIS, an older adult enrichment program that has been serving Albuquerque seniors for fifteen years. Come, take your first step towards a healthier you! Call 880-2800 for more information.

Palo Duro, Center
Saturday, January 9, 1:00–2:00 pm
 \$25 for 20 weeks
 Instructor: TBA

Aerobics

These fun, low impact aerobics classes combine energizing music with a well designed routine to strengthen the cardiovascular system.

Barelas, Social Hall
Tuesday, Friday, 9:15–10:15 am

Bear Canyon, Social Hall
Monday, Wednesday, Friday
 8:00–9:00 am

Highland, Social Hall
Monday, Wednesday, Friday
 10:00–11:00 am

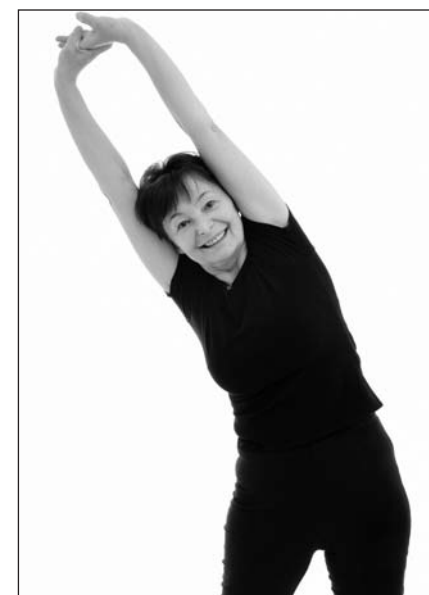
Los Volcanes 50+ Fitness Center,
 Aerobic Room
Monday, Wednesday, Friday
 8:15–9:15 am
 or 5:30–6:30 pm

Monday, Wednesday
 4:15–5:15 pm

Manzano Mesa, Gym
Monday, Wednesday, Friday
 8:30–9:30 am

North Valley, Social Hall
Monday, Friday
 1:00–2:00 pm

Palo Duro, Mesquite Room
Monday, Wednesday, Friday
 8:30–9:30 am



Body Fat vs. Muscle

The goal for optimal health is to reduce body fat while increasing muscle. A regular home scale will not give body fat and muscle weight, but ours will! Check in with the staff at any of the three fitness centers for a free, body composition test.

Palo Duro
50+ Sports & Fitness Center
1st Wednesday
 9:00–11:00 am, 5:00–7:00 pm

Los Volcanes
50+ Sports & Fitness Center
3rd Wednesday
 9:00–11:00 am, 5:00–7:00 pm

Manzano Mesa, Fitness Room
2nd Wednesday
 9:00–11:00 am, 5:00–7:00 pm

Cardio Interval

Weight and cardio training in timed intervals increases muscle strength and builds endurance as well as tones the body. The continual change in pace is a great workout for the heart.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Saturday, 10:00–11:00 am

Zumba

Zumba is a fusion of Latin and International music creating a dynamic and exciting workout experience. We incorporate different rhythms such as Merengue, Salsa and Cumbia. You do not need to know how to dance.

Los Volcanes 50+ Sports & Fitness Center
 Aerobic Room
Tuesday, 5:30–6:30 pm
 \$3.00 per class



Fitball

Target and challenge core muscles with stabilizing and balance exercises. Increase strength, and sculpt, define and tone your body. Free weights, body weight and stability balls are used for resistance.

Manzano Mesa, Gym
Thursday, 8:30–9:30 am

Manzano Mesa, East Social Hall
Friday, 4:45–5:45 pm
\$2.50 per class
Instructor: Ann Owens

Get Moving Aerobics

Join this month-long, group fitness, cardio-aerobics class which incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

Manzano Mesa, Social Hall
Monday, Wednesday, 5:00–6:00 pm
\$20 per month
Instructor: Ann Owens

Introduction to Aerobics

Learn and practice the basics steps used in our popular aerobic classes. Pre-registration is required.

Palo Duro
50+ Sports & Fitness Center
1st Monday, 11:00 am–12:00 noon
To register please call 839-3710

Kettle Bells

A workout with Kettle Bells challenges both the muscular and cardiovascular system with full range of motion movements. The Kettle Bells incorporate the core while working out major muscle groups. The rotational movements make it a unique and effective workout.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Thursday, 5:30–6:30 pm

Gentle Exercise

This is a fun exercise class, performed primarily in a chair. The focus is on resistance training to build strength. Equipment such as small balls and bands are used to make the exercises interesting and challenging.

Barelas, Social Hall
Tuesday, Friday, 10:15–10:45 am

Bear Canyon, Social Hall
Monday, Wednesday, Friday
9:15–10:15 am

Highland, Room 8
Monday, Wednesday, Friday
9:00–9:45 am

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, Friday
9:30–10:15 am

Manzano Mesa, Gym
Monday, Wednesday, Friday
10:00–10:45 am

North Valley, Daycare
Tuesday, Thursday, 9:45–10:15 am

Palo Duro, Social Hall
Monday, Wednesday, Friday
9:45–10:30 am

Pilates

This practical class will focus on conditioning the body from the inside out. Learn the importance of core stabilization, muscle balance, and proper alignment while integrating the concept of mindfulness, fluidity and grace.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, 9:45–10:45 am

Flex & Tone

This class will work to elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core.

Bear Canyon, Social Hall
Tuesday, Thursday, 8:00–9:00 am

Highland, Social Hall
Tuesday, Thursday, 10:00–11:00 am

Los Volcanes 50+ Sports & Fitness Center, Aerobics Room
Tuesday, Thursday, 8:15–9:15 am

Manzano Mesa, Gym
Tuesday, Thursday, 8:30–9:30 am

North Valley, Social Hall
Tuesday, Thursday, 8:15–9:15 am

Palo Duro, Mesquite Room
Tuesday, Thursday, 9:30–10:30 am

Wii Video Fitness Games

The Wii is a truly unique and physically interactive video game that requires players to use actual physical movement to create the action on the screen. By simulating the body movement used in various sports, you receive the benefits of bowling, golfing, tennis and more. In addition, we have the Wii Fit to customize your fitness workouts. Come play with us! Beware, if you aren't careful, you'll get a good workout without knowing it!

Highland, Social Hall
Wednesday, 5:00–8:30 pm

Los Volcanes
50+ Sports & Fitness Center
Monday–Friday, 7:00 am–7:00 pm
Saturday, 8:00 am–2:00 pm

Palo Duro
50+ Sports & Fitness Center
Monday–Friday, 7:00 am–7:00 pm
Saturday, 8:00 am–2:00 pm

FIELD EVENTS

See Track & Field on page 24.

GOLF

ALBUQUERQUE 50+ GAMES

Golf Competition

Hosting both men and women's golf competitions. Participants will be called with their tee times, starting with men at 9:00 am. Green fees including carts will be \$33.80 for 18 holes.

Thursday, May 6, 2010
Arroyo del Oso Golf Course
7001 Osuna Rd NE

The tournament is a scratch event no handicap and will be a New Mexico Senior Olympics and National Senior Games qualifying event.



Golf Tournament

The Department of Senior Affairs hosts a Golf Tournament every year. Contact James Mader at Los Volcanes Center 836-8745 for information.



WEIGHT TRAINING

See pages 25-26

HUACHAS
(WA-CHAS)

NEW!

ALBUQUERQUE 50+ GAMES

Huachas Competition

If you enjoy horseshoes, you will like pitching washers.

Saturday, April 10, 2010, 9:00 am
Bear Canyon Center
4645 Pitt NE

Competition will be in both doubles and singles. This event will be at the New Mexico Senior Olympics.



Open Huachas

"Hillbilly horseshoes," as this game is also known, is a physical game of skill that is very similar to horseshoes. The difference is that large metal washers are pitched at a 3-inch hole in a 24 x 24 inch platform on the ground and the boards are 21 feet away from each other. Contestants receive points based on how close their washers land to the hole. Come try your hand at this new sport to the New Mexico Senior Olympics at our weekly practices.

Bear Canyon, Patio
Friday, 10:00–11:00 am
(weather permitting)

HORSESHOES

ALBUQUERQUE 50+ GAMES

Horseshoe Competition

Horseshoes provides a means for people of all ages to enjoy good exercise while having fun.

Saturday, May 22, 2010, 10:00 am
Los Altos Park, 10130 Eubank NE

This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.



Call the host center for class information. Center numbers are on page 3.

HIKING

50+ Sports & Fitness Program Hiking

We offer easy/moderate (A/B) hikes to more challenging (C/D) trips. Participants will exercise at a comfortable pace and walk with the group. We promote stopping along the way to view birds, wildlife and wildflowers. Participants bring their own lunches, snacks and drinks. Cost varies for each trip based on 5¢ per mile for the van transportation. Space is limited; prepayment is required to reserve your space on the van.

Los Volcanes 50+ Sports & Fitness Center
April–October, 2010
3rd Thursday, 7:15 am–4:00 pm
Instructor: Cindy McConnell

Palo Duro 50+ Sports & Fitness Center
April–October, 2010
Tuesdays, 7:15 am–4:00 pm
Instructor: Vivian Heyward & Cindy McConnell

Center Hiking

The Albuquerque Centers offer hike trips year round. Schedules are available at front desk of participating centers. Transportation cost is 5¢ per mile.

Advanced
Bear Canyon
1st, 3rd & 5th Thursday, 8:00 am
Instructor: Dennis Vick

Intermediate
Palo Duro
Every other Tuesday, 8:00 am
Saturday, twice a month, 9:00 am
Instructor: Marilyn Warrent

Highland
Every other Tuesday, 8:15 am
Instructor: Pat Newman

Los Volcanes
1st & 3rd Thursday, 8:15 am
Call center for schedule or see *Lavaflow*
Instructor: Rose Chavez

North Valley
Every other Thursday, 8:00 am
Instructor: Francis Arnold

ICE HOCKEY

Ice Hockey Competition
See Winter Sports page 10.

KARATE

Karate/Self Defense

The classes include training in self defense, basic karate forms of Katas (Okinawan self defense dancing movements). Classes are structured for people who may have some physical limitations or movement issues. The main goals of the classes are to improve self-confidence, physical performance and overall health.

Los Volcanes, Room 2
Thursdays, 6:00–7:30 pm
Instructor: Denis Rosenberg

Iron Olympian Karate

This new adult self-defense class is a greater way to develop physical strength, discipline, balance, coordination and self-esteem. Course content includes breakaway techniques and safety awareness.

Manzano Mesa, Room 3
Tuesday, Wednesday, 7:00–9:00 pm
\$5 per class
Instructor: Chris Nowak

Kendo Kai

Japanese style art of sword fencing

Manzano Mesa, Social Hall
Friday, 6:00–8:00 pm
Instructor: Davis Begay

Personal Defense Club Close Quarter Combat

Not associated with any traditional Asian art or sport. This class provides a place to learn, teach and practice personal fighting skills. Previous experience in a combat art or sport is welcome, but not necessary.

Manzano Mesa, Room 4
Tuesday, 7:30–9:00 pm
\$10 per month
Instructor: Dr. Sean Ross

MASSAGE

Chair Massage

Alleviate those aches with massage, as it increases circulation and relieves tightness. Lisa Larsen, LMT, New Mexico licensed since 2003, has over 17 years of body work experience.

Los Volcanes 50+ Sports & Fitness Center • Call 839-3710

Palo Duro 50+ Sports & Fitness Center • Call 880-2800

PICKLEBALL

Pickleball is played with a perforated plastic ball and wood or composite paddle on a badminton court with the net lowered to 34 inches.

ALBUQUERQUE 50+ GAMES Pickleball Tournament

Friday–Saturday, April 16–17, 2010, 9:00 am
Manzano Mesa, 501 Elizabeth SE

The divisions will be singles, doubles and mixed. This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.



Open Pickleball

Manzano Mesa, Gym
Thursday, 2:00–4:00 pm
Saturday, 9:00–11:30 am

Los Volcanes, Social Hall
Monday, Wednesday, Friday
9:30–11:00 am

Bernalillo Recreation Center, Gym
October 6, 2009–February 23, 2010
Tuesday, 2:00–4:00 pm

March 2, 2010–September 28, 2010
Tuesday, Thursday, 6:00–8:00 pm

Paradise Hills Community Center
Monday, Tuesday, Thursday, Friday
9:00 am–1:00 pm

Wednesday 9:00 am–12:00 noon

Instructor: Bill Marshall, 417-9243



RACEWALKING

Racewalking appeals to many people because they can successfully participate in it and enjoy doing a sport! Try it for yourself and see how much fun an activity you have been doing on a basic level all your life can be.

ALBUQUERQUE 50+ GAMES

Racewalking Competition

5K Racewalk

Saturday, April 25, 2010, 8:00 am

Alemeda—North Diversion Channel

The Albuquerque 50+ Games qualifying race for the New Mexico Senior Olympics



ALBUQUERQUE 50+ GAMES

Racewalking Competition

400 and 1500 meter
Racewalk at the Track & Field Competition

Saturday, May 8, 2010
Beginning at 9:00 am
Albuquerque Academy
6400 Wyoming NE

This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.



New Mexico Racewalkers

If you are interested in learning how to racewalk, participate in racewalking, or would like to join the practices, call Lenny Krosinsky, past President of the N.M. Racewalkers at 250-2283, Lenny's e-mail at lennykro@aol.com or visit www.newmexicoracewalkers.org.

The 2009–2010 New Mexico Racewalkers Schedule

Patricia Van Ingen Memorial 5K/10K
Tingley Beach
Sunday, November 8, 2009

Weekly training at Tingley Beach
Saturday, 8:00 am

My Story...



"I have been at Palo Duro 50+ Sports & Fitness Center for almost a year. I was a tennis pro looking to play some tennis to stay in shape. Karen Baker conned me into looking at pickleball. I am now the pickleball coordinator and I am having a blast."

—Bill Marshall, Age 63

RACQUETBALL

Racquetball is making a come-back, why not be part of this success story?

ALBUQUERQUE 50+ GAMES

Racquetball Competition

Thursday, March 25, 2010, 8:00 am, hosted by Midtown Sports & Wellness, 4100 Prospect Ave. NE.

This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.

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Racquetball Clinics

Open to the public, these low cost clinics are for all playing levels—beginners to advanced. Each session includes safety, rules, stroke mechanics, strategy and playing time.

Midtown Sports & Wellness Clubs

Thursdays, 10:00 am–12:00 pm

January 7–February 11, 2010

February 18–March 18, 2010

April 8–May 20, 2010

June 3–July 8, 2010

July 22–August 26, 2010

September 9–October 14, 2010

October 28–December 16, 2010

\$20 Sports & Wellness Members

\$40 Non-Members

Individual classes are \$10. Players are welcome to join at anytime. Cost will be prorated based on the number of sessions attended. For information contact Paula Sperling at Midtown 888-4811.

ROADRACE

ALBUQUERQUE 50+ GAMES

Roadrace 5K and 10K Competition

This is an invitation to all the weekend runners to get recognition for your hard work.

Saturday, April 10, 2010, 7:00 am
Albuquerque International Balloon Fiesta Park, 5000 Balloon Fiesta Parkway NE

This event is a New Mexico Senior Olympics and National Senior Games qualifying event. In addition, the 5K and 10K will run concurrently; so you will have a chance to qualify in both races on the same day! Both races start together. The 5K time will be recorded. If you want to receive a time in the 10K you just keep going to the 10K finish.

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SHUFFLEBOARD

Did you know that shuffleboard originated as shovelboard in which players used broom-shaped paddles and was gambled over by King Henry VIII? We've come a long way to the deck shuffleboard we play today.

ALBUQUERQUE 50+ GAMES

Shuffleboard Competition

Friday–Saturday, March 19–20, 2010
9:00 am

Manzano Mesa, 501 Elizabeth SE

This event is a New Mexico Senior Olympics and National Senior Games qualifying event.

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Silver Shufflers

When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement

Manzano Mesa

Tuesday, 1:00–4:00 pm

\$1 donation

Information: Floyd Capps 296-8720

Scott Heron 299-7768

E-mail: boogie921@juno.com

Website: www.senior-sports.org

SNOWSHOEING TRIPS

See Winter Sports page 7.

SOFTBALL

NEW MEXICO SENIOR OLYMPICS

Softball

Competitions

State competition only

NEW MEXICO
SENIOR
OLYMPICS

The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics, 1-575-623-5777, <http://www.nmseniorolympics.org>, or contact the Palo Duro 50+ Sports and Fitness Center, 880-2800.



Men's Softball

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September.

Bear Canyon

Chuck Halverson, 821-2749

Highland

Ted Garcia, 256-2000 leave message

Palo Duro

Marc LaChey, 275-2331

Bob Evers, 294-6401

Women's Softball League Play

The City of Albuquerque Parks and Recreation Department and the NM Senior Sports Foundation are establishing a separate 50+ senior women's league.

For additional information, contact the City Sports Office at 291-6239 or the NM Senior Sports Foundation at 299-7768 or visit the website at www.senior-sports.org.

Women's Softball

Women age 50 and over are welcome to join. Practice and tournaments are held throughout the year.

For more information: Silver Gloves, Connie Dayton 505-980-2391.
E-mail: silvergloves@yahoo.com Website: <http://sites.google.com/site/silverglovesorg>.



My Story...

“For the first time, I ran a race (La Luz) this year. Visiting the fitness room made it possible for me to think I could do it, and gave me the endurance to run the 9 miles to the top.”

—Bay Stevens, Age 61

SWIMMING

Put some pizzazz in your lap swimming! Give yourself a goal by registering for the 2010 Albuquerque 50+ Games Swimming Competition!

ALBUQUERQUE 50+ GAMES

Swimming Competition

Saturday, March 20, 2010

Beginning at 8:00 am

West Mesa Aquatic Center, 6705 Fortuna Road NW

This event is a New Mexico Senior Olympics and National Senior Games qualifying event.

Group Aquatics Competition

Call 880-2800, to enter your team.

New exhibition sport for the New Mexico Senior Olympics

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COMPETE & MEET

Swim Clinic

Other Compete and Meet events, page 11.



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Masters Swimming

Albuquerque Academy

Monday, Wednesday, Friday

5:15–6:45 am

Instructor: Reed Barniz

12:00–1:00 pm

Instructor: Shea Djang

To register and inquire about fees, call Wendy Baker at 858-8808; there is a waiting list for the morning practice.

Lobo Club

Monday–Friday, 5:30–6:30 am

Saturday, 7:00–8:00 am

Call Andrea at 323-5812 or Colleen at 384-5039 for information.

Sandia Pool

Monday, Wednesday, Friday

5:00–6:00 am

Instructor: Betsy Patterson

City pool fees apply

Sandia Pool 291-6279

Southwest Multi-Sport

Practices are held at Highland Pool for all levels of ability. Participants pay the City pool fee as well as a monthly coaching fee.

Monday, Wednesday, Friday

5:00–7:00 am

Instructor: Tim Wilde, 269-0645

Monday, Wednesday, 5:30–7:00 pm

Instructor: Chelsea Wilde

Recreational Swimming

The City of Albuquerque, Parks and Recreation Department offers recreation swimming, water exercise, swimming lessons and lap lane times.

Call the Parks and Recreation Dept. at 768-5300, one of the following pools, or visit www.cabq.gov for fees & information.

West Mesa Aquatic Center
6705 Fortuna Rd. NW, 836-8718
Mon–Fri, 6:00–8:00 am, 6:00–8:00 pm
Saturday–Sunday, 12:00–4:00 pm

Highland Pool
400 Jackson SE, 256-2096
Mon–Fri, 6:00–8:00 am,
11:45 am–1:15 pm, 6:00–8:00 pm
Saturday–Sunday, 12:00–4:00 pm

Los Altos Pool
10100 Lomas NE, 291-6290
Mon–Fri, 6:00–9:00 am, 6:00–8:00 pm
Saturday–Sunday, 11:00 am–4:00 pm

Sandia Pool
7801 Candelaria NE, 291-6279
Mon–Fri, 6:00–8:00 am, 6:00–8:00 pm
Saturday–Sunday, 11:00 am–4:00 pm

Valley Pool
1510 Candelaria NW, 761-4086
Mon–Fri, 6:00–8:00 am, 6:00–8:00 pm
Saturday–Sunday, 12:00–4:00 pm



TAI CHI

Qi gong (Chi Basics)

Try Qi Gong for low energy, sore muscles, joint pain and more with Diane M. Chase, M.A, a longtime student and practitioner of Eastern philosophy and Oriental Healing arts (1977).

Los Volcanes 50+ Sports & Fitness Center, Aerobics Room
Wednesday, 10:30–11:30 am
Instructor: Diane M. Chase, MA

T'ai Chi

Tai Chi's slow movements can improve health, and reduce stress. Learn to move the life force or chi within your body to relax and open up to your full human potential on all levels—physical, emotional, mental, and spiritual. You may start this ongoing class at any time.

Los Volcanes, Room 2
Wednesday, 12:00–1:00 pm
Saturday, 11:00 am–12:00 pm
\$3 per class
Instructor: Jim Dell (who has a teaching degree and 20+ years in the field.)

T'ai Chi Chih, Beginning

This class is for beginners who want to learn basic T'ai Chi Chih movements.

Bear Canyon, Room 5
Wednesday, 3:00–3:30 pm
Instructor: Edina Lock
Bear Canyon, Social Hall
Saturday, September 5–June 26, 2010
11:30 am–1:00 pm
Sign up with instructor at class
Manzano Mesa
Saturday, 12:00–1:00 pm
Instructor: M. Irvin • 6-week class
Thursday, 5:30–6:45 pm
Instructor: Ellen Tatge • 6-week class

T'ai Chi-Gong

Chi-gong is a combination of meditation, breathing and gentle movement using and applying Taoist, Buddhist, and yoga techniques. Improve your balance, flexibility and stamina, also decrease stress and improve your general sense of wellbeing.

North Valley, Social Hall
Tuesday, Nov 24, Dec 1, 8, 22, 29, 2009
6:00–7:00 pm • \$6 each class
Instructor: Bruce Zagor

T'ai Chi Ch'uan

Traditional T'ai Chi Ch'uan is an ancient art form. The class provides a mild cardiovascular workout, improves balance and stability, strengthens the legs and helps circulate "chi" or internal energy. Tai Chi can also serve as a form of meditation.

Bear Canyon, Social Hall
Thursday, 9:30–11:00 am
Instructor: John Young, sign up with instructor

Beginning Class
Saturday, Sept 5, 2009–June 26, 2010
11:30 am–1:00 pm

Highland, Social Hall
Saturday, October 10, 17, 24*, 31
and **November 7, 14, 21, 28*, 2009**
11:30 am–12:30 pm
\$10 per class
Instructor: Mokurai, 7th degree black belt, founder, Silent Thunder Center for Asian Studies

*Held at the Silent Thunder Center for Asian Studies, 136 Jackson St. NE

North Valley, Room 1 & 2
Monday, 1:00–2:00 pm
Friday, 4:15–5:15 pm
Instructor: James McIntire

T'ai Chi Chih

Benefits can include improved balance, flexibility, stamina and regulation of weight and blood pressure.

Palo Duro, Aspen Room
Continuing Class
Wednesday, 5:30–6:30 pm

Beginning Class
Wednesday, 7:00–8:00 pm
\$60, 8-week session
Instructor: Ginny Morgan, certified

Classes are in eight-week sessions
Continuing Class is for people who have completed a Beginning Class, and are proficient with movements. New students are accepted only through the second week of a beginning session.

Weight Training

Pages 25–26

TABLE TENNIS

Since its inception in 1880s England as an after-dinner amusement for upper-class Victorians, this sport has grown into an international favorite.

Originally, a line of books served as the net, a champagne cork or knot of string as the ball, and a cigar box lid as the racket. Come see how it has evolved!

ALBUQUERQUE 50+ GAMES

Table Tennis Competition

Saturday,
March 27–28, 2010
8:00 am
North Valley Center 714 7th St. SW

This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.

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ALBUQUERQUE 50+ GAMES

Table Tennis Workshop

Review rule changes and regulations and receive instruction to improve your game.

Bear Canyon
Saturday, March 20, 2010
9:00 am • Free
Instructor: Marv Sommers

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The New Mexico Table Tennis Club

Call Marv Sommers at 239-1443

Table Tennis Club

Monday, 7:00–9:00 pm
Alamosa Community Center
Call Rick Massoth at 261-7444

Table Tennis

Table Tennis is an active, fast-paced game. It is easy to learn and new players are welcome.

Barelas, Social Hall
Monday, Tuesday, Wednesday, Friday
8:00 am–5:00 pm

Bear Canyon, Social Hall
Monday & Friday, 1:30–5:00 pm
Wednesday, 10:15–11:15 am
Thursday, 9:30–11:00 am
Saturday, 9:00–11:30 am, 1:00–3:00 pm

Los Volcanes, Social Hall (upon request)

Palo Duro, Mesquite Room
Saturday, 9:30–11:30 am

North Valley, Social Hall
Monday, 2:00–5:00 pm (upon request)

Manzano Mesa
Monday–Friday, 8:00–9:00 am
Saturday, 9:00–3:00 pm

T'ai Chi Chih Practice

Join these ongoing practice sessions and enjoy T'ai Chi's health benefits: improved balance, blood pressure, circulation and memory, as well as relieve stress and improve your wellbeing.

Bear Canyon, Room 5 and 6
Wednesday, 11:30 am–1:00 pm
 Instructor: Mary Moriarty

Bear Canyon, Room 3
Wednesday, 3:30–4:30 pm
 Instructor: Edina Lock

Highland, Room 7
Friday, 9:00–10:00 am • Self-directed

T'ai Chi Ch'uan Discussion Group

Deepen your understanding of T'ai Chi as you discuss the underlying theory and principles of this ancient art. Specifically discussed: the foundation for tai chi theory; the principles for vital energy (chi) generation; and its meditative and health aspects, etc.

Bear Canyon, Lobby
1st and 3rd Tuesday of the month
1:00–2:30 pm
 Instructor: John Young, sign up with instructor

Tennis—Silver Racquets

Free Silver Racquets Tennis Training! For those over 62, this USTA sponsored program accepts only beginners. In the 12 week program, participants receive 2 lessons per week for 6 weeks, taught at 6 different locations by tennis professionals, followed by 6 more weeks of skill building clinics, drills and round-robin tournaments held at each of the locations twice weekly.

The program is free, but USTA membership is required, plus a small donation to the YMCA. Scholarships are available. To find out if you qualify, contact Gordon Gunn at 505-480-6666, gmgunn3rd@msn.com, or Wendy Thomas at 505-610-0186, aloha10smom@yahoo.com.

Tennis Ball Machine

For players looking for extra practice. Players may reserve the machine up to two days in advance and the cost for an hour is \$8.00 which includes the court fee.

Sierra Vista Tennis Center, 897-8815
 Jerry Cline Tennis Center, 848-1381

TRIATHLON

There is no triathlon event at the Albuquerque 50+ Games.

To qualify for the National Senior Games in 2011 you must compete in the triathlon at the 2010 New Mexico Senior Olympics. For information contact the New Mexico Senior Olympics, 1-575-623-5777, <http://www.nmseniorolympics.org>, or contact the Palo Duro 50+ Sports and Fitness Center, 880-2800.

TALENT SHOW

ALBUQUERQUE 50+ GAMES

Talent Show and Dance Idol Competition

Tuesday, April 20, 2010, 1:00 pm
South Broadway Cultural Center
 1025 Broadway SE

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Categories include: band, kitchen band, instrumental, vocal, dance, comedy and reading. Seating is limited for this popular show and tickets are required. To reserve your FREE tickets call the 50+ Sports & Fitness Office 880-2800.

Mandatory Meeting for Competitors

Learn the rule changes for the Talent Show and Dance Competition.

Tuesday, March 16, 2010, 2:00 pm
 Los Volcanes 50+ Sports & Fitness Center, aerobics room

Mandatory Dress Rehearsal for Competitors

Monday, April 19, 2010, 8:00 am
 South Broadway Cultural Center

The Dance contest is part of the Idol Competition which includes the Talent Show. This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.

ALBUQUERQUE 50+ GAMES

Tennis Tournament

You don't have to be Pete Sampras to enjoy playing in our Albuquerque 50+ Games tournament.

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Saturday–Tuesday, May 15–18, 2010
8:00 am
Jerry Cline Tennis Complex
 7205 Constitution NE

Athletes will compete in Singles, Doubles and Mixed Doubles.

This event will be a New Mexico Senior Olympics and National Senior Games qualifying event.

USTA Adult League

The Northern New Mexico District Tennis Association provides leagues for Adults, Seniors, and Super Seniors. The Adult season is scheduled for approximately 12 weeks when daylight savings time begins. Matches are scheduled from 10:00 am–6:00 pm on the weekends, and 6:00 pm on weekdays, Monday through Friday. Seniors and Super Seniors are played in the fall beginning in September and matches are played on weekends for seniors and during the week for the Super Seniors. Levels of play range from 2.5 through 5.0.

Interested players may call the Jerry Cline Tennis Center at 848-1381 for information.

ALBUQUERQUE 50+ GAMES

Track & Field Competition

Friday–Saturday, May 7–8, 2010
 Field events begin at 5:30 pm on Friday
 Track events begin at 9:00 am on Sat.
Albuquerque Academy
 6400 Wyoming NE

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This event is a New Mexico Senior Olympics and National Senior Games qualifying event.

COMPETE & MEET GAMES

Track & Field Workshop

COMPETE & MEET GAMES
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TENNIS

COMPETE & MEET GAMES

Doubles Tennis Tournament

COMPETE & MEET GAMES
PAGE 11

VOLLEYBALL

NEW MEXICO SENIOR OLYMPICS

Volleyball Competition

State competition only

NEW MEXICO SENIOR OLYMPICS

The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics, 1-575-623-5777, <http://www.nmseniorolympics.org>, or contact the Palo Duro 50+ Sports and Fitness Center, 880-2800.

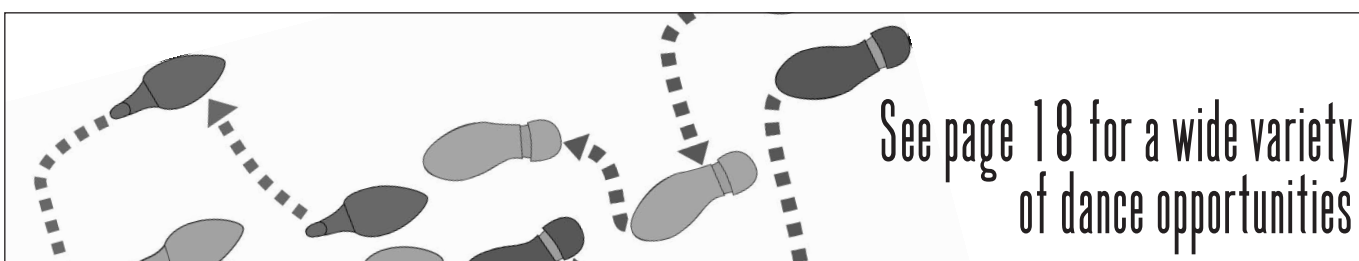
Volleyball Pick-up Games

Join the 50+ volleyball players for drop-in volleyball matches.

Wells Park Community Center, Gym
Monday, 6:00–8:00 pm
 Instructor: Dora Gunkel

Jackson Middle School, Gym
Sunday, 9:00 am–12:00 pm
 Instructor: Dora Gunkel

Manzano Mesa, Gym
Monday, Friday, 5:00–7:00 pm
Thursday, 6:00–9:00 pm
 (Ages 18+)



WALKING

(Also see Racewalking page 21)

Fitness walking is defined as moderate to brisk pace that often challenges the cardio respiratory system. It is an inexpensive, convenient and simple activity to perform with minimal risk of injury. The 50+ Sports and Fitness Program hosts walking programs that offer ideas on how to walk safely, effectively and above all to have FUN!

*Program of the Year by
the New Mexico Recreation
and Parks Association*



Walk About Albuquerque

Walkers will learn the science of walking, safety tips, different types of walking techniques and how to use a pedometer and walking poles. The program will explore the City of Albuquerque on your feet.

The \$15 cost includes a pedometer, walking charts, instruction on correct walking techniques, handouts, the use of walking poles, an experienced fun guide and transportation!

Palo Duro 50+ Sports & Fitness Center
3351 Monroe NE
Monday and Wednesday

Trip departure times vary from 7:15 am to 8:45 am, depending on the destination. Call 880-2800.

Monday Walks

Session I: March 22–April 26, 2010
Session II: May 10–June 21, 2010
Session III: Aug 16–Sept 27, 2010

Wednesday Walks

Session I: March 24–April 28, 2010
Session II: May 12–June 16, 2010
Session III: Aug 18–Sept 22, 2010

Week 1: A Blossoming Adventure
Walk the Botanical Park while learning how to walk for the health of it.

Week 2: Train to Bernalillo
An historical tour of old Bernalillo—ride on the Rail Runner.

Week 3: Nob Hill
Learn about the architecture of this historical area of Albuquerque.

Week 4: The Albuquerque Bosque
Discover the natural side of Albuquerque.

Week 5: Take a Walk on the Wild Side!
Walk among the animals and be Wild!

Week 6: Plaza to Plaza
Civic Plaza to Old Town Plaza.
250 years of Albuquerque history.

Weight Training

FREE!

Learn to Weight Train Orientations

Sculpt your body and keep it looking healthy through weight training. When performed properly and accompanied by a proper diet and cardio program, weight training will keep you feeling and looking great. Not only does weight training promise to give you more energy, but it will also increase muscle tone and bone density. Join one of our **free** orientations where we cover the fundamentals of weight training and program design.

Palo Duro 50+ Sports & Fitness Center
Monday–Friday, 7:00 am–7:00 pm
Saturdays, 8:00 am–2:00 pm
Call 880-2800 for appointment

Los Volcanes 50+ Sports & Fitness Center
6500 Los Volcanes, NW
Monday–Friday, 7:00 am–7:00 pm
Saturdays, 8:00 am–2:00 pm
Call 839-3710 for appointment

Manzano Mesa Multigenerational Center, Fitness Room
501 Elizabeth, SE
Monday–Friday, 8:00 am–9:00 pm
Saturdays, 9:00 am–3:00 pm
18 years of age and older
Call 275-8731 for appointment

North Valley, Exercise Room
3825 Fourth Street, NW
Monday–Friday, 8:00 am–5:00 pm
Tuesday, 5:00–9:00 pm
Closed every 3rd Tuesday

Call 761-4025 to register for the following orientation dates:

December 14, 2009, 1:30 pm
January 11, 2010, 9:30 am
February 8, 2010, 1:30 pm
March 8, 2010, 9:30 am
April 12, 2010, 1:30 pm
May 10, 2010, 9:30 am
June 14, 2010, 1:30 pm
July 12, 2010, 9:30 am
August 9, 2010, 1:30 pm
September 13, 2010, 9:30 am
October 11, 2010, 1:30 pm
November 8, 2010, 9:30 am
December 13, 2010, 1:30 pm



Fitness Facilities

Our fitness facilities are equipped with strength training and cardio equipment. You may use the weight rooms with your current \$13 per year center membership. There is a contribution of 50¢ per visit. Free equipment orientations are available by appointment.

Palo Duro 50+ Sports & Fitness Center • 880-2800
3351 Monroe, NE
Open to those who are 50+

Los Volcanes 50+ Sports & Fitness Center • 839-3710
6500 Los Volcanes, NW
Open to those who are 50+

Manzano Mesa Multigenerational Center, Fitness Room • 275-8731
501 Elizabeth, SE
18 years of age and older

North Valley • 761-4025
3825 Fourth Street, NW
Open to those who are 50+



My Story...

“When I started in February I weighed 185 lbs. since then, I have lost body fat and met several new friends. I love it. Today is Aug. 4th and I now weigh 195 lbs. That’s right, I have put on 10 lbs (of muscle).”

—Jeff Schmitt, Age 53



More weight training

WEIGHT TRAINING



Aaron's Weight Training Group Class

Whether your personal fitness goals are fat loss, muscle gain, increased bone density, strength, endurance, or overall health and well being, this is the class for you!

Mondays and Wednesdays, 5:30 pm
\$150 six-weeks

Class size is limited so sign up early. For information call Aaron Bubbico, an ACE certified personal trainer at 264-7341 or call the 50+ Sports & Fitness office at 880-2800



See page 25 for fitness rooms & weight training orientations.

One on One Personal Training

Aaron Bubbico is now offering personal weight training appointments. Are you looking for a fun, motivating and exciting hour of personalized weight training. If so, then schedule personal training with Aaron will help you achieve your goals.

The Palo Duro

50+ Sports & Fitness Center

Sessions are by appointment only

Call Aaron at 264-73421

or e-mail him at: abubbico@unm.edu

Weight Training 101

FREE!

Going to the gym for the first time can be intimidating. This **free** class is designed for those who have not been particularly active and/or have no experience in the gym. It will introduce you to the fundamentals of weight lifting and give you the skills to feel confident and be successful in the weight room. Comfortable clothing and athletic shoes are all you need. Remember, there will be others just as new to weight lifting as you.

Palo Duro

50+ Sports & Fitness Center

Call 880-2800 for schedule

Manzano Mesa Multigenerational Center, Fitness Room

Call 275-8731 x232 for schedule

Los Volcanes

50+ Sports & Fitness Center

Call 839-3710 for schedule

COMPETE & MEET GAMES

Weight Lifting Workshop and Competition



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OVERNIGHT TRIP TO COLORADO SPRINGS

This is no "Couch Potato" Trip

The 50+ Sports & Fitness Program is offering a 3 day, 2 night trip to Colorado Springs. Designed for the 50+ physically fit, this fun vacation is an active trip which includes walking, hiking, spelunking, a tour of the U.S. Olympic Training Center and much more!

Palo Duro 50+

Sports & Fitness Center

Depart: 6:00 am, Wed., June 9

Return: Fri. evening, June 11, 2010

\$326.25 per person includes overnight accommodations, breakfasts, coach transportation, staff guided tours of the U.S. Olympic Training Center, Cave of the Winds and The Garden of the Gods Park.

Reverve with a \$150 deposit by March 1, 2010. \$176.25 final payment due by May 1, 2010.

YOGA

Yoga

These classes combine core management methods with mind/body/breath discipline to reduce physical and mental stress and lengthen muscles. Yoga will improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

Barelas

Monday, Thursday, 9:15–10:15 am

Dolly Sanchez

Highland, Room 7

Wednesday, 1:15–2:45

Los Volcanes, Aerobics Room

Saturday, 8:00–9:15 am

\$3 per class

Instructor: Kathy Crisp

Manzano Mesa, East Social Hall

Monday, 6:10–7:00 pm

\$25 per month

Instructor: Ann Owen

Palo Duro, Ponderosa Pine

Wednesday, 5:30–6:45 pm

\$5 per class

Instructor: Kae Summerall

Yoga, Hatha-Plus

This class combines Hatha Yoga and Core Body Work.

Manzano Mesa, Room 4

Friday, 9:00–10:00 am

Instructor: Janet Porter



Yoga, Hatha—Qi Gong

These classes specialize in breathing and Hatha yoga postures. Breathing revitalizes the brain and internal organs with oxygen and postures keep the spine supple and healthy. The tools from this class will help lower your blood pressure and calm the nerves. Sign up with instructor in class.

Bear Canyon, Room 6

Thursday, 2:30–3:30 pm

Kae Sumrall

Los Volcanes, Room 2

Monday, Thursday, 2:00–3:00 pm

\$4 per class

Instructor: Maebi Richards

Manzano Mesa, Room 4

Wednesday, 9:00–10:00 am

Instructor: Dee Cappelle

Yoga, Raja

Raja Yoga, the Royal Road, is a mental discipline. This particular path is a method of training the mind through breathing exercises, meditation and affirmations. We chant mantras of energy from the Sanskrit language. Yoga practice from ancient India has the power to clam the mind and body, and to strengthen us mentally as well as physically.

Manzano Mesa, Room 4

Wednesday, 10:00–11:00 am

Instructor: Lucille Mulcahy

Albuquerque 50+ Games



Full Contact Sports Photography



Full Contact Sports Photography

ALBUQUERQUE 50+ GAMES

The Albuquerque 50+ Games offer athletic competitions for people 50+. The qualifying winners of the local games are invited to participate in the New Mexico Senior Olympics where they may qualify to compete at the National Senior Games.

GET IN SHAPE FOR THE COMPETITIONS!

The 50+ Sports & Fitness Program offers ongoing exercise classes and “state-of-the-art” weight rooms available for use to build strength, muscle and endurance.

DEADLINE

All registrations are due by 5:00 pm, Monday, March 1, 2010. Late or incomplete registrations (except for the track & field competition) will not be accepted. The track & field competition will hold open, late registrations on site at the Albuquerque Academy on Friday, May 7, 2010, 4:00–5:00 pm and Saturday, May 8, 2010, 7:30–8:30 am. The additional fee for on-site or late registration at the track meet will be \$10. Participants may also make changes to their track and field event schedules at this time for a \$10 additional fee.



ELIGIBILITY

The Albuquerque 50+ Games is an event open to all people who are residents of the Albuquerque/Bernalillo County area who are at least fifty years of age by December 31, 2010. In addition, each Albuquerque 50+ Games participant must correctly complete a registration form, turn it in by the deadline and pay all fees.

New Mexico residents from other counties may enter the Albuquerque 50+ Games, if their chosen events are not available in their counties; however, no such persons may prevent residents from the Albuquerque/Bernalillo county area from qualifying for the New Mexico Senior Olympics.

ATTENDANCE

Due to budget restraints, Albuquerque 50+ Games does not mail out reminder notices. It is the responsibility of the participant to note the time and place of each event and to arrive before the default time.

EVENT

An “event” is defined as a single contest in a particular sport. For example: The 50-meter run and the 100-meter run are two events. Participants may enter a total of 20 events at the Albuquerque 50+ Games. Eight of the 20 events may be track & field and eight may be swimming. At New Mexico Senior Olympics, you may enter no more than 10 events. The 10 must be events in which you qualified at the Albuquerque 50+ Games (excluding fun events, volleyball, softball and basketball team sports).

LOCATION

The Albuquerque 50+ Games are held at a number of locations in Albuquerque during the months of March, April and May 2010. All events are listed in the competition schedule on page 29.



Schedule page 29, Registration Form page 30



Full Contact Sports Photography

AGE DIVISIONS

In singles events, participants may not play up or down in age, but play in their own age group. Age categories:

50-54	70-74	90-95
55-59	75-79	95-99
60-64	80-84	100+
65-69	85-89	

In the weight lifting events, the age categories will be determined by the number of entrants.

Age division for doubles and mixed doubles competition will be determined by the age of the younger partner as of December 31, 2010.

Age division for team competition is determined by the youngest member of the team. For team competition age divisions are:

50+	55+	60+	65+
70+	75+	80+	

Game schedule
on page 29



FEES

Registration Fee\$25
(T-shirt, membership and awards)

Golf Fees: (Men & Women)

All ages: 50+, Mandatory Cart included
Without Season Pass\$33.80
With Season Pass\$13.80

Bowling, per event\$ 5.50

Track & Field, late fee\$10.00

ENTRY FEE ASSISTANCE

Entry fee assistance is available from the Albuquerque 50+ Games. Call the Palo Duro 50+ Sports & Fitness Center at 880-2800.



Full Contact Sports Photography

REFUNDS

All fees must be paid at registration. Please make checks payable to the CITY OF ALBUQUERQUE. NO REFUNDS AFTER JUNE 30, 2010.

REGISTRATION

One registration form covers all events for the 2010 Albuquerque 50+ Games on page 31. Registration forms must be completed and submitted to a registration center or to the Albuquerque 50+ Games (Palo Duro 50+ Sports & Fitness Center) office **NO LATER THAN 5 P.M., MONDAY, MARCH 1, 2010**. Incomplete registrations cannot be entered into the computer and will not be accepted! Late, on-site registration will be permitted only for track & field events. There will be a \$10 late registration fee taken at the track meet. Registration is not valid unless the liability waiver is signed.

PARTNERS/TEAMS

Your doubles partner and/or each team member must also register separately.

T-SHIRTS

T-shirts for the Albuquerque 50+ Games athletes will be distributed at the Palo Duro 50+ Sports & Fitness Center. The t-shirts will not be distributed at the events as in previous years. T-shirt distribution will begin March 1, 2010. Please call the Palo Duro 50+ Sports & Fitness Center at 880-2800.



RULES

The 2010 New Mexico Senior Olympics Rule Book will be available for view at the Palo Duro 50+ Sports & Fitness Center and the Los Volcanes 50+ Sports & Fitness Center. Events are governed by the National Senior Games Association and the New Mexico Senior Olympics Board of Directors. Please note there are always important rule changes for the local, state and National Senior Games.

AWARDS

First, second and third place winners are awarded ribbons at the conclusion of their events, qualifying them to participate in the New Mexico Senior Olympics.

RESULTS

Results for the Albuquerque 50+, State Olympics and National Senior Games, and the revised minimum performance standards for the National Senior Olympics, are located at the Palo Duro 50+ Sports & Fitness Center.

VOLUNTEERS

Volunteers play a vital role in the Albuquerque 50+ Games. Assistance is needed to coordinate the sports, to do computer data entry, record keeping, fund-raising, public relations, and more. Please call the Albuquerque 50+ Games Center at 880-2800 if you would like to volunteer.

MEDICAL

It is strongly recommended that all participants receive a medical check-up prior to competition, it is also required that the liability waiver on the registration form be completed and signed.



2010 Albuquerque 50+ Games

Competition & Workshop Schedule

Registration deadline 5:00 pm, Monday, March 1, 2010

Sports	Events	Date	Time	Location	Coordinator-Phone
Air Gun (Rifle & Pistol)	Workshop	Sat, Mar 13, 2010	8:00 AM	Eldorado High School	Dick Perry • 856-7008
	Competition	Sat, Apr 10, 2010	8:00 AM		Maj Jim Koerber • 296-4871 x1408
Archery	Competition: Compound Release Aid, Compound Finger Shooter, Conventional Recurve	Sat, May 1, 2010	9:00 AM	Archery Range, Tijeras NM	TBA
Badminton	Competition: Singles, Doubles & Mixed Doubles	Fri, Sat, Apr 30–May 1, 2010	10:00 AM	Manzano Mesa	Terry & Nan Lauritsen • 266-8237
Basketball	Competition: Best of 15 Free Throws	Sat, Mar 13, 2010	9:00 AM	Manzano Mesa	Bob Pyeatt • 823-6467
	Competition: Best of 6 Shots				
Bowling	Practice/Competition: Singles	Tue, Wed, Mar 9-10, 2010	8:30 / 9:00 AM	Leisure Bowl	Leisure Bowl • 286-4371 Frank Vito • 256-1321
	Practice/Competition: Doubles	Wed, Mar 10, 2010	8:30 / 9:00 AM		
	Practice/Competition: Mixed Doubles	Wed, Mar 10, 2010	12:30 / 1:00 PM		
	Practice/Competition: Team Bowling	Fri, Mar 12, 2010	8:30 / 9:00 AM		
Cycling	Workshop:	Thr, Mar 18, 2010	1:00–2:00 PM	McKinley Community Center	Peter Stirbis • 299-8442
	Competition: 5K, 10K, & 20K	Sat, Apr 24, 2010	Check-In 7:30 AM	City of Stanley, Hwy 41	Bob Pyeatt • 823-6467
	Competition: 1Mile & 40K	Sun, Apr 25, 2010	Check-In 7:30 AM		
Dance (Albuquerque 50+Idol)	Meeting:	Tue, Mar 16, 2010	2:00 PM	Los Volcanes 50+ Sports & Fitness Ctr.	Susan Rice • 880-2800
	Dress Rehearsal:	Mon, Apr 19, 2010	8:00 AM	South Broadway Cultural Center	
	Competition: Waltz, Jitterbug, Line, Country Western, Latin, Polka	Tue, Apr 20, 2010	1:00 PM	South Broadway Cultural Center	
Eightball Pool	Meeting: Players	Sat, Mar 13, 2010	10:00 AM	Doc & Eddy's	Rachael Rumschlag • 350-3251
	Competition:	Sat, Mar 13, 2010	10:30 AM		
Field Events (Also see Track)	Competition: Discus, High Jump, Javelin, Shot Put, Pole Vault, Standing Long Jump, Running Long Jump	Fri, May 7, 2010	5:30 PM	Albuquerque Academy	Walt Klinge • 299-4535
Golf	Competition: Men's 18 Hole Scratch	Thr, May 6, 2010	Tee Times	Arroyo del Oso Golf Course	Bob Pyeatt • 823-6467
	Competition: Women's 18 Hole Scratch				
Hauchas	Practice/Competition: Singles & Doubles	Sat, Apr 10, 2010	9:00 AM	Bear Canyon Center	Kathy Black • 291-6211
Horseshoes	Competition: Singles	Sat, May 22, 2010	10:00 AM	Los Altos Park	Marilyn Falk • 298-7143
Pickleball	Competition: Singles, Doubles	Fri–Sat, Apr 16–17, 2010	9:00 AM	Manzano Mesa	Bill Marshall • 417-9243
Racewalk (5K)	Competition:	Sun, Apr 25, 2010	8:00 AM	Alameda-N. Diversion Channel	Lenny Krosinsky • 250-2283
Racewalking (400 & 1500 M)	Competition: 1500 Meter Race Walk	Sat, May 8, 2010	9:00 AM	Albuquerque Academy	Lenny Krosinsky • 250-2283
	Competition: 400 Meter Power Walk				Marjorie Holmes • 255-3025
Racquetball	Clinics: see page 22			Midtown Sports & Wellness Club	Paula Sperling • 255-1771
	Competition: Singles, Doubles & Mixed Doubles	Thr, Mar 25, 2010	8:00 AM		
Roadrace	Competition: 10K Run	Sat, Apr 10, 2010	7:00 AM	ABQ International Balloon Fiesta Park	Susan Rice • 880-2800
	Competition: 5K Run				
Shuffleboard	Competition: Singles	Fri, Mar 19, 2010	9:00 AM	Manzano Mesa	Gladys Peltomaki • 291-6211
	Competition: Doubles	Sat, Mar 20, 2010	9:00 AM		
Swimming	Warm-Up & Competition: Breaststroke:50,100,200; Freestyle: 50, 100, 200, 500; Backstroke: 50, 100, 200; Butterfly: 50, 100; Indiv. Medley: 100 & 200 (4 Stroke, 1 Swimmer); Relay Medley: 100 (open strokes, 4 swimmers)	Sat, Mar 20, 2010	8:00 AM/9:00 AM	West Mesa Aquatics Center	Kathy Black • 291-6211
Table Tennis	Workshop:	Sat, March 20, 2010	9:00 AM	Bear Canyon Center	Marv Sommers • 846-6797
	Competition: Singles, Doubles, & Mixed Doubles	Sat–Sun, Mar 27–28, 2010	8:00 AM	North Valley Center	
Talent Show (Albuquerque 50+Idol)	Mandatory Meeting:	Tue, Mar 16, 2010	2:00 PM	Los Volcanes 50+ Sports & Fitness Ctr.	Susan Rice • 880-2800
	Dress Rehearsal:	Mon, Apr 19, 2010	8:00 AM	South Broadway Cultural Center	
	Competition: Dance, Vocal, Reading, Comedy, Band, Kitchen Band, Instrumental,	Tue, Apr 20, 2010	1:00 PM		
Tennis	Competition: Singles, Doubles, & Mixed Doubles	Sat–Tue, May 15–18, 2010	8:00 AM	Jerry Cline Tennis Complex	Sam Sandoval • 880-2800
Track (Also see Field)	Competition: 100, 200, 400, 800, 1500 run; 400 coed relay (2 men, 2 women); 400 & 800 est. time Fun Events: Frisbee Accuracy Throw, Frisbee Distance Throw, Soccer Kick, Softball Throw	Sat, May 8, 2010	9:00 AM	Albuquerque Academy	Walt Klinge • 299-4535

Attention Athletes

New Mexico State Senior Olympics

Las Cruces, New Mexico
July 28–August 1, 2010

2010 is a qualifying year to participate at the 2011 National Senior Games in Houston Texas.

Early Bird Registration Deadline – \$45 by 5:00 pm May 31, 2010

Regular Registration Deadline – \$60 by June 15, 2010

Late Registration Deadline – \$70 by June 30, 2010 There will be no registrations accepted after this date.

Athletes have 3 ways to register for the New Mexico Senior Olympics.

- Register on line at www.nmseniorolympics.org.
- Mail your registration directly to New Mexico Senior Olympics, Inc., PO Box 2690, Roswell, NM 88202-2690, 575-623-5777.
- Turn your registration and payment into the local qualifying site (Albuquerque 50+ Sports & Fitness Centers) by June 1, 2010. For this option, make your checks out to the

City of Albuquerque.

PLEASE NOTE

You MUST compete in the same events at the Albuquerque 50+ Games to qualify to compete at New Mexico Senior Olympics. Not All Events Are Offered at All Levels so read your competition schedule carefully and plan accordingly.

NEW MEXICO SENIOR OLYMPICS

Call New Mexico
Senior Olympics
office at
1-5075-623-5777
for information.



Team competitions which include basketball, softball, and volleyball are New Mexico State Senior Olympics competitions only. The New Mexico Senior Olympics qualifies athletes for the Nationals Senior Games.

The 50+ Sports & Fitness Program Needs Your Help

Albuquerque's demand for athletic programming is experiencing phenomenal growth. Along with this expansion and diversity of athletic events, program costs have also increased. Financial contributions are needed if we are to continue to promote healthy lifestyles, fitness programs and opportunities for athletic accomplishments. Join your community in this rewarding effort and become a donor. Please be as generous as you can.

Company sponsorships are also available. For information, call the 50+ Sports & Fitness Program Office at 880-2800.

☐ **Yes! Enroll me as a 50+ Sports & Fitness Program Donor.** All donations over \$100.00 receive an engraved brick which is installed in the walkway at the Palo Duro 50+ Sports & Fitness Center. Please engrave my brick to read:

(a maximum of 11 characters allowed)

I would like my Donation to Support

- ☐ The Albuquerque 50+ Games
- ☐ Exercise Classes
- ☐ 50+ Winter Sports Program
- ☐ 50+ Sports & Fitness Program

Presenting Sponsor\$ 15,000
Prestige Sponsor\$ 10,000
Official Sponsor\$ 5,000
Gold Medallist Sponsor	...\$ 1,500
Silver Medalist Sponsor\$ 300-\$1,499
Bronze Medalist Sponsor\$ 200-\$299
Blue Ribbon Sponsor\$ 100-\$199
Friend of Sports & Fitness\$ 10-\$99

Name _____

Address _____ City State _____ ZIP _____

Signature _____



☐ My check for \$_____ is enclosed.

The City of Albuquerque is a non-profit organization. All contributions are tax deductible to the extent of the law. Make checks payable to The City of Albuquerque and mail to: The Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

2010 Albuquerque 50+ Games Entry Form

Make checks payable to the City of Albuquerque. Take registration to Palo Duro 50+ Sports & Fitness Center or Los Volcanes 50+ Sports & Fitness Center.

Or mail registration to: Palo Duro 50+ Sports & Fitness Program, 3351 Monroe NE, Albuquerque, NM 87110.

DEADLINE March 1, 2010, 5:00 p.m. – NO EXCEPTIONS

Name: _____
Last First Middle

Address: _____
Street City

State Zip County

Home Phone: _____ Work Phone: _____

Cell Phone: _____ E-mail: _____

Emergency Contact: _____ Emergency Contact Phone: _____
Name Relationship

LIABILITY WAIVER

I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, their agents, employees, representatives and assigns, from any and all actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of injury arising out of my participation in the Albuquerque 50+ Games.

I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation.

I warrant and represent that I am in good physical health and condition and I am physically able to participate in the events I have selected. I know of no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque 50+ Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing medical disorder which I may have, thereby resulting in serious or life-threatening harm to me.

The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque 50+ Games.

☐ **By checking the box I agree to the following:**



The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature: _____ Date: _____

By completing this registration, I agree to abide by all the rules and regulations of and by the 2010 City of Albuquerque, Albuquerque 50+ Games, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque 50+ Games.

Please print

Age: _____
as of December 31, 2010

☐ Male ☐ Female

Date of Birth: _____
Month _____ Day _____ Year _____

Are you a member of a center?
☐ YES ☐ NO

If yes, which center?

expires _____

AIRGUN

- ☐ Pistol-Benchrest
☐ Pistol-Standing
☐ Rifle-Benchrest
☐ Rifle-Standing

Do you own your own gun? ☐Y ☐N

ARCHERY

- ☐ Recurve with sights
☐ Barebow recurve no sights
☐ Compound fingers w/ sights
☐ Barebow compound no sights
☐ Compound Release

BADMINTON

- ☐ Singles ☐ Doubles

Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

BASKETBALL FREE THROW

- ☐ Best of 15 Throws

BASKETBALL 3 POINT SHOT

- ☐ Best of 5 Throws

BASKETBALL 3x3 (State Olympic event only)

BOWLING (Bowling fees)

- ☐ Singles ☐ Doubles

Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

- ☐ Team Bowling

Bowling Team Name (4 members same sex) Each individual must complete a registration form and team captains must furnish a team roster.

CYCLING (Local cycling events are time trials.)

- ☐ 1 Mile ☐ 5K ☐ 10K
☐ 20K (Will be a road race at State and Nationals)
☐ 40K (Will be a road race at State and Nationals)

DANCE COMPETITION

Partner: _____
Must register separately

- ☐ Country Western
☐ Jitterbug
☐ Line Dancing (6-15 people)
☐ Polka
☐ Latin Dance
☐ Waltz
☐ Country Waltz

FIELD EVENTS

- ☐ Discus
☐ High Jump
☐ Javelin
☐ Pole Vault
☐ Running Long Jump
☐ Shot Put

FUN TRACK EVENTS

- ☐ Frisbee Accuracy Throw
☐ Frisbee Distance Throw
☐ Soccer Kick
☐ Softball Throw
☐ Standing Long Jump

GOLF

- ☐ 18 Hole Scratch
Scratch is played at N.M. State Senior Olympics and the National Senior Olympics. A NPS is required for Nationals.

USGA Handicap _____ Cart Partner _____

HORSESHOES

- ☐ Singles

HUACHAS

- ☐ Singles ☐ Doubles

Partner: _____
Must register separately

PICKLEBALL

- ☐ Singles ☐ Doubles

Partner: _____
Must register separately

- ☐ Mixed Doubles

Partner: _____
Must register separately

POOL

- ☐ Eightball

RACEWALKING

- ☐ 400M ☐ 1500M ☐ 5K

RACQUETBALL

- ☐ Singles ☐ Doubles

Partner: _____
Must register separately

- ☐ Mixed Doubles

Partner: _____
Must register separately

ROAD RACE

- ☐ 5K - Meter Run ☐ 10K - Meter Run

SHUFFLEBOARD

- ☐ Singles ☐ Doubles

Partner: _____
Must register separately

SOFTBALL (A State Olympic event only.)

SWIMMING (Limit 8 events)

- ☐ 200 Medley Relay

(4 coed swimmers for fun & warm up)

- ☐ 50 Free ☐ 100 Free
☐ 200 Free ☐ 400/500 Free
☐ 50 Backstroke ☐ 100 Backstroke
☐ 200 Backstroke
☐ 50 Breaststroke ☐ 100 Breaststroke
☐ 200 Breaststroke
☐ 100 IM ☐ 200 IM
☐ 50 Butterfly ☐ 100 Butterfly
☐ Group Aquatics Swim

Group Name _____

TABLE TENNIS

- ☐ Singles ☐ Doubles

Partner: _____
Must register separately

- ☐ Mixed Doubles

Partner: _____
Must register separately

TALENT SHOW (participants register separately.)

- ☐ Band
☐ Comedy
☐ Dance Solo
☐ Dance Group
☐ Instrumental
☐ Reading
☐ Vocal Solo
☐ Vocal Group
☐ Kitchen Band

Group Name: _____

TENNIS

- ☐ Singles ☐ Doubles

Partner: _____
Must register separately

- ☐ Mixed Doubles

Partner: _____
Must register separately

TRACK

- ☐ 50 Meter Run (local only)
☐ 100 Meter Run ☐ 200 Meter Run
☐ 400 Meter Run ☐ 800 Meter Run

- ☐ 1500 Meter Run
☐ 400M Coed Meter Relay
☐ 800 Estimated Time

TRIATHLON(coed)state & nationals only

VOLLEYBALL (State Olympic event only)

Team captains must fill out team roster on other side



2010 Albuquerque 50+ Games Team Roster

☐ Bowling ☐ Dance ☐ Talent Show

Team Age ☐50+, ☐55+, ☐60+, ☐65+, ☐70+, ☐75+ (bowling ☐80+)

Team Name: _____

Team Captain: _____

Name

Address

Phone

Team Captains are responsible for filling out this form. Incomplete forms will disqualify the team. Each team member must also complete and sign an individual Albuquerque 50+ Games registration form on page 31. If you have more than 7 teams member attach a copy of this form. Additional forms are available online at www.cabq.gov or at your local senior center.

Number of Team Members

Team Member 1: _____

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 2: _____

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 3: _____

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 4: _____

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 5: _____

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 6: _____

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 7: _____

Name

Phone

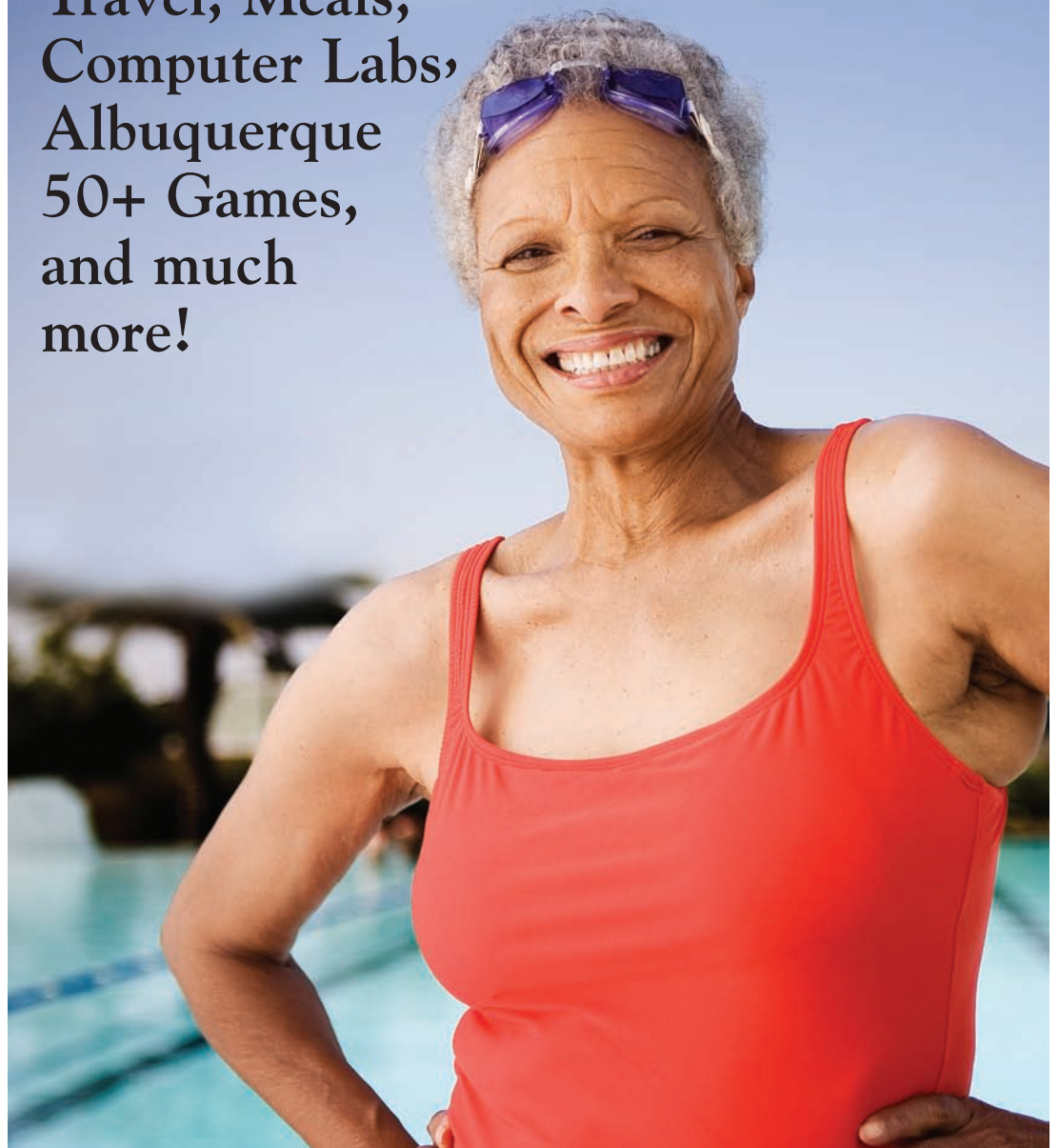
T-Shirt Size

Age

Date of Birth

Membership entitles you to a world of opportunities. Here are just a few...

7 Centers, 3 Weight Training Facilities, Fitness Programs, Classes, Volunteer Opportunities, Travel, Meals, Computer Labs, Albuquerque 50+ Games, and much more!



Center memberships are only \$13 a year!



CITY OF ALBUQUERQUE



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS

